

# HEALTHY SCHOOL ENVIRONMENT RESOURCES

## Wellness Policies for Schools and Child Care

This list contains online resources for developing, implementing, evaluating and promoting wellness policies in schools and child care. Resources are listed by main category. Many Web sites contain information on multiple content areas. For more content areas related to healthy school environments, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

**Quick Tips:** Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

### Contents

<a href="#">Assessment</a>	2
<a href="#">Child Care Nutrition and Physical Activity Policies</a>	3
<a href="#">Commercialism in Schools</a>	7
<a href="#">Community Partnerships</a>	8
<a href="#">Coordinated School Health</a>	9
<a href="#">Data and Trends</a>	11
<a href="#">Developing and Implementing Policies</a>	15
<a href="#">Engaging Families</a>	21
<a href="#">Engaging Students</a>	22
<a href="#">Evaluation</a>	23
<a href="#">Grants and Funding</a>	26
<a href="#">Legislation</a>	27
<a href="#">Marketing and Promotion</a>	28
<a href="#">Meal Schedules</a>	29
<a href="#">Modeling Healthy Behaviors</a>	30
<a href="#">Sample Policies</a>	31
<a href="#">School Health Teams</a>	33
<a href="#">School Improvement Plan for No Child Left Behind</a>	34
<a href="#">School Wellness Policy Requirements</a>	35
<a href="#">Staff Wellness</a>	36
<a href="#">Success Stories</a>	37



For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

*The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/ Americans with Disabilities Act Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2101, [Levy.Gillespie@ct.gov](mailto:Levy.Gillespie@ct.gov).*

## Assessment

- Changing the Scene: Improving the School Nutrition Environment.* U.S. Department of Agriculture, 2000. A tool kit to help schools take action to improve students' eating and physical activity practices. <http://www.fns.usda.gov/tn/resources/changing.html>
- Coding Tool for Connecticut School Wellness Policies.* Rudd Center for Food Policy and Obesity at Yale University, 2008. Provides information on the scoring methodology used for the Connecticut State Department of Education's *School Wellness Policy Report*. [http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SWP/SW\\_CodingTool.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SWP/SW_CodingTool.pdf)
- Gathering Data for Connecticut Towns: A Primer, Volume 1. Birth to 8 years.* Connecticut Voices for Children, March 2003. A community "how to" guide on collecting data about the well-being of children for purposes of planning, assessing and communicating. [http://www.ctkidslink.org/pub\\_detail\\_54.html](http://www.ctkidslink.org/pub_detail_54.html)
- Keys to Excellence in School Food and Nutrition Programs.* School Nutrition Association. A free online tool that offers an easy-to-use management and evaluation program that helps food service directors assess their school nutrition programs. The Keys automatically tabulates results from 60 assessment criteria and provides ideas to help promote excellence in food service throughout the school community. <http://www.schoolnutrition.org/Content.aspx?id=2406>
- Opportunity to Learn Guidelines for Elementary School Physical Education, 3rd edition.* Council on Physical Education for Children, 2009. Addresses program elements essential for providing a full opportunity for students to learn physical education in elementary school. Includes a self-evaluation checklist that can be used in planning, evaluation, program development and advocacy efforts by anyone interested in the availability of quality physical education at the elementary level. <http://www.aahperd.org/naspe/standards/nationalGuidelines/opportunity.cfm>
- Opportunity to Learn Guidelines for High School Physical Education, 3rd edition.* Council on Physical Education for Children, 2009. Describes the elements that a quality high school physical education program needs in order for all students to have full opportunity to meet content and performance standards. <http://www.aahperd.org/naspe/standards/nationalGuidelines/opportunity.cfm>
- Opportunity to Learn Guidelines for Middle School Physical Education, 3rd edition.* Council on Physical Education for Children, 2009. Describes the elements that a quality middle school physical education program needs in order for all students to have full opportunity to meet content and performance standards. <http://www.aahperd.org/naspe/standards/nationalGuidelines/opportunity.cfm>
- School Health Index for Physical Activity and Healthy Eating – A Self Assessment and Planning Guide.* Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, 2005. <http://apps.nccd.cdc.gov/shi/default.aspx>
- School Healthy Eating Assessment Tool.* British Columbia Dairy Foundation and British Columbia Ministry of Healthy Living & Sport and Knowledge. <http://healthyeatingatschool.ca/uploads/school-healthy-eating-assessment-tool.pdf>
- Wellness School Assessment Tool (WellSAT).* Yale Rudd Center for Food Policy and Obesity. Online tool to assess the quality of school district wellness policies that provides personalized guidance and resources for making improvements, based on the assessment. <http://wellsat.org/>

◀ [Return to Contents](#) ▶

## Child Care Nutrition and Physical Activity Policies

- A Framework for Child Health Services: A Tool Kit for Integrating Child Health Services into Community Early Childhood Initiatives.* Connecticut Child Health and Development Institute, Inc., July 2011. <http://www.chdi.org/>
- Action Guide for Child Care Nutrition and Physical Activity Policies.* Connecticut State Department of Education, 2010. Helps local and community child care, early education and afterschool programs establish and implement policies and practices that encourage healthy lifestyles in children. Includes best practices for promoting healthy eating and physical activity for children in child care from infancy through school age, based on current science, public health research and national recommendations and standards. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322594>
- Afterschool Care Program NSLP Snack Service Best Practices: A Guide to Improving the NSLP Snack Service in Afterschool Care Programs.* National Food Service Management Institute, 2006. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=123>
- Benchmarks for Nutrition Programs in Child Care Settings: Position of the American Dietetic Association.* Journal of the American Dietetic Association, 11(4):607-615, April 2011. <http://www.eatright.org/About/Content.aspx?id=8366>
- Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy.* The Nemours Foundation, 2008. Provides information on healthy food guidelines for beverages, fruits and vegetables, milk, meats and meat alternates and grains and breads; portion sizes that are based on the CACFP reimbursable meal guidelines; rationale to explain the recommendations; and sample policies. <http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/heguide.pdf>
- Best Practices for Nutrition, Physical Activity & Screen Media in Child Care Settings.* Issue Brief #2, 2009, University of Washington Center for Public Health Nutrition. [http://depts.washington.edu/uwcphn/work/child/doc/brf2\\_ccbestpract.pdf](http://depts.washington.edu/uwcphn/work/child/doc/brf2_ccbestpract.pdf)
- Best Practices for Physical Activity: A Guide to Help Children Grow Up Healthy (Version 2).* The Nemours Foundation, 2010. <http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/paguide2010.pdf>
- Bright Futures in Practice: Physical Activity.* National Center for Education in Maternal and Child Health, 2001. Developmental guidelines on physical activity for the periods of infancy through adolescence. <http://www.brightfutures.org/physicalactivity/about.htm>
- Building Mealtime Environments and Relationships (BMER): An Inventory for Feeding Young Children in Group Settings.* University of Idaho, 2005. <http://www.cals.uidaho.edu/feeding/bmer/>
- Caring for Our Children: National Health and Safety Performance Standards, Guidelines for Out-of-Home Child Care, 3rd Edition.* American Academy of Pediatrics, American Public Health Association and National Resource Center for Health and Safety in Child Care and Early Education, 2011. <http://nrckids.org/CFOC3/index.html>
- Changing Lives, Saving Lives, A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs.* Center for Collaborative Solutions, 2010. Identifies six practices to help afterschool programs create an environment to help students develop healthy lifestyle habits. <http://www.ccscenter.org/afterschool/Step-By-Step%20Guide>
- Child Care Nutrition and Physical Activity Policies.* Center for Health Promotion and Disease Prevention, The University of North Carolina, Chapel Hill, NC, May 2007. [http://www.center-trt.org/downloads/obesity\\_prevention/interventions/NAPSACC/technical/Sample\\_Nutrition\\_and\\_Physical\\_Activity\\_Policy.pdf](http://www.center-trt.org/downloads/obesity_prevention/interventions/NAPSACC/technical/Sample_Nutrition_and_Physical_Activity_Policy.pdf)
- Child Care Nutrition and Physical Activity Policies Web Page.* Connecticut State Department of Education (CSDE). Includes links to the CSDE's *Action Guide for Child Care Nutrition and Physical Activity Policies*, self-assessment tools, action planning form, sample policies and resources. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322562>
- Connecticut Statutes and Regulations for Child Care.* Connecticut State Department of Public Health. [http://www.ct.gov/dph/cwp/view.asp?a=3141&q=387176&dphNav\\_GID=1823&dphNav=|](http://www.ct.gov/dph/cwp/view.asp?a=3141&q=387176&dphNav_GID=1823&dphNav=|)
- Early Childhood Obesity Prevention Policies.* Institute of Medicine of the National Academy of Sciences, 2011. Recommends actions that healthcare professionals, caregivers and policymakers can take to prevent obesity in children five and younger. <http://www.iom.edu/Reports/2011/Early-Childhood-Obesity-Prevention-Policies.aspx>
- Feeding Policy: Divisions of Responsibility.* Ellyn Satter Associates, 2006. <http://www.ellynsatter.com/divisions-of-responsibility-i-79.html>
- Feeding Young Children in Group Settings: Best Practices for Serving Foods to Groups of Children.* University of Idaho. [http://www.cals.uidaho.edu/feeding/pdfs/1\\_2%20Best%20Practices.pdf](http://www.cals.uidaho.edu/feeding/pdfs/1_2%20Best%20Practices.pdf)
- Feeding Young Children in Group Settings: Evaluation of Feeding Environments for Young Children.* University of Idaho. [http://www.cals.uidaho.edu/feeding/pdfs/1\\_3%20Feeding%20Environment%20Evaluation.pdf](http://www.cals.uidaho.edu/feeding/pdfs/1_3%20Feeding%20Environment%20Evaluation.pdf)

## Child Care Nutrition and Physical Activity Policies

- Feeding Young Children in Group Settings: Food Safety Worksheet.* University of Idaho.  
[http://www.cals.uidaho.edu/feeding/pdfs/1\\_5%20Food%20Safety%20Worksheet.pdf](http://www.cals.uidaho.edu/feeding/pdfs/1_5%20Food%20Safety%20Worksheet.pdf)
- Head Start Body Start.* National Center for Physical Development and Outdoor Play. Resources to increase physical activity, outdoor play and healthy eating among Head Start and Early Head Start children, families and staff.  
<http://www.aahperd.org/headstartbodystart/>
- Head Start Performance Standards, Section 1304.23 Child Nutrition.* U.S. Department of Health and Human Services.  
<http://eclkc.ohs.acf.hhs.gov/hslc/standards/Head%20Start%20Requirements/1304/1304.23%20Child%20nutrition.htm>
- Healthy Behaviors for Children and Families: Developing Exemplary Practices in Nutrition and Physical Activity in Afterschool Programs.* Center for Collaborative Solutions, March 2007 (Updated September 2008). Designed to help afterschool programs address childhood obesity in a systematic and effective way. This guide explains six exemplary practices and contains indicator rubrics to assess how programs are doing and plan for improvement. <http://www.ccscenter.org/afterschool/documents/ExempPracGuide.pdf>
- Healthy Kids, Healthy Care: Parents as Partners in Promoting Healthy and Safe Child Care.* National Resource Center for Health and Child Care and Early Education, 2007. Guide for parents on health and safety issues for children in child care, based on *Caring for Our Children: National Health and Safety Performance Standards, Guidelines for Out-of-Home Child Care* (2002). English and Spanish.  
<http://www.healthykids.us/>
- Making Food Healthy and Safe for Children. How to Meet the National Health and Safety Performance Standards — Guidelines for Out-of-Home Child Care Programs, Second Edition.* The National Training Institute for Child Care Health Consultants, Department of Maternal and Child Health, The University of North Carolina at Chapel Hill, 2012.  
[http://nti.unc.edu/course\\_files/curriculum/nutrition/making\\_food\\_healthy\\_and\\_safe.pdf](http://nti.unc.edu/course_files/curriculum/nutrition/making_food_healthy_and_safe.pdf)
- Leap of Taste: Best Practices for Healthy Eating. West Virginia Child Care Nutrition Standards.* West Virginia Department of Education (No Date). <http://wvde.state.wv.us/nutrition/CACFP/LOTguide.pdf>
- Let's Move! Child Care.* The Nemours Foundation, 2011. Tools for child and day care centers to prevent childhood obesity, including a five-element checklist for providers and parents that addresses physical activity, screen time, food, beverages and infant feeding. <http://www.healthykidshealthyfuture.org/welcome.html>
- Model Child Care Health Policies, Fourth Edition.* Pennsylvania Chapter American Academy of Pediatrics, 2004. <http://www.ecels-healthychildcarepa.org/content/MHP4thEd%20Total.pdf>
- Model Physical Activity Standards for Child-Care Providers (For Infants through Preschool-Age Children).* National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN), 2009. <http://www.nplanonline.org/nplan/products/model-child-care-physical-activity-standards>
- Model Policies for Creating a Healthy Nutrition and Physical Activity Environment in Child Care Settings.* Missouri Department of Health and Senior Services, Bureau of Community Food and Nutrition Assistance (no date).  
[http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/pdf/Model\\_Policies.pdf](http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/pdf/Model_Policies.pdf)
- NAP SACC Best Practice Recommendations for Child Care Facilities.* Center for Health Promotion and Disease Prevention, The University of North Carolina, May 2007. <http://www.whrv.org/NR/rdonlyres/4C89B06B-4ED9-4315-99B3-4B0D7A3F0E0C/10128/NAPSACCBestPracticeRecommendationsforChildCareFaci.pdf>
- National Resource Center for Health and Safety in Child Care and Early Education.* <http://nrckids.org/>
- Nutrition and Physical Activity Self Assessment for Child Care (NAPSACC).* Center for Health Promotion and Disease Prevention (HPDP), University of North Carolina at Chapel Hill. An intervention in child care centers aimed at improving nutrition and physical activity environment, policies and practices through self-assessment and targeted technical assistance.  
<http://www.napsacc.org/> or <http://www.center-trt.org/index.cfm?fa=opinterventions.intervention&intervention=napsacc&page=materials>
- Nutrition and Physical Activity in Child Care.* University of Connecticut Cooperative Extension. Information about feeding practices, healthy food choices and ways to encourage physical activity in a child care setting.  
[http://www.extension.org/pages/Nutrition\\_and\\_Physical\\_Activity\\_in\\_Child\\_Care](http://www.extension.org/pages/Nutrition_and_Physical_Activity_in_Child_Care)
- Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, December 2012. Includes tip sheets for planning meals and activities for children ages 2 to 6 years that address fruits, vegetables, dry beans and peas, meat and meat alternates, whole grains, milk and other dairy, sodium, fat and oils, added sugars, water, food safety, providing opportunities for active play, encouraging active play, written policies and practices that promote active play and the importance of limiting screen time.  
<http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html>

## Child Care Nutrition and Physical Activity Policies

- Preventing Obesity among Preschool Children: How Can Child-care Settings Promote Healthy Eating and Physical Activity?* Robert Wood Johnson Foundation Healthy Eating Research, October 2011. [http://www.healthyeatingresearch.org/images/RS\\_ChildCare\\_For\\_posting\\_on\\_web\\_FINAL\\_10-27-11.pdf](http://www.healthyeatingresearch.org/images/RS_ChildCare_For_posting_on_web_FINAL_10-27-11.pdf)
- Preventing Childhood Obesity in Early Care and Education Programs.* National Resource Center for Health and Safety in Early Education and Child Care, 2011. National standards describing evidence-based best practices in nutrition, physical activity and screen time for early care and education programs (centers and family child care homes). <http://nrckids.org/SPINOFF/PCO/PreventingChildhoodObesity2nd.pdf>
- Preventing Childhood Obesity: Part I Tips for Child Care Professionals.* Susan Fiore, Mealtime Memo for Child Care. 2001-1, National Food Service Management Institute, May 2001. <http://www.olemiss.edu/depts/nfsmi/Information/Newsletters/meme2001-1.pdf>
- Preventing Childhood Obesity: Part II Tips for Parents.* Susan Fiore, Mealtime Memo for Child Care. 2001-2. National Food Service Management Institute, May 2001. <http://www.olemiss.edu/depts/nfsmi/Information/Newsletters/meme2001-2.pdf>
- Promoting Good Nutrition and Physical Activity in Child Care Settings.* Robert Wood Johnson Foundation Healthy Eating Research, May 2007. [http://www.healthyeatingresearch.org/images/stories/her\\_research\\_briefs/her%20child%20care%20setting%20research%20brief.pdf](http://www.healthyeatingresearch.org/images/stories/her_research_briefs/her%20child%20care%20setting%20research%20brief.pdf)
- Promoting Physical Activity and Healthy Nutrition in Afterschool Settings. Strategies for Program Leaders and Policy Makers.* U.S. Department of Health and Human Services, 2006. <http://www.niost.org/Research-Reports-and-Articles/promoting-physical-activity-and-healthy-nutrition-in-afterschool-settings>
- Recommendations for Healthier Beverages.* Healthy Eating Research, Robert Wood Johnson Foundation, March 2013. A comprehensive set of age-based recommendations to define healthier beverages. [http://www.healthyeatingresearch.org/images/stories/comissioned\\_papers/her\\_beverage\\_recommendations.pdf](http://www.healthyeatingresearch.org/images/stories/comissioned_papers/her_beverage_recommendations.pdf)
- Sample Child Care Nutrition and Physical Activity Policies.* Connecticut State Department of Education, April 2011. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322598>
- Setting the Stage: Policies and Best Practices for Nutrition and Physical Activity in Early Childhood Settings.* Iowa Department of Education, 2006. An adaptation of Changing the Scene, this resource includes a self-assessment checklist to help child care providers identify what they are doing well and areas for improvement. In addition, the resource includes suggested policies and best practices to promote a healthy nutrition and physical activity environment in the early childhood setting. [http://educateiowa.gov/index.php?option=com\\_docman&task=doc\\_download&gid=512](http://educateiowa.gov/index.php?option=com_docman&task=doc_download&gid=512)
- Serving the Nutritional Needs of Pre-Kindergarten Children in the Public School Setting. Best Practices.* National Food Service Management Institute, 2008. Consists of seven practice categories, 17 goals and 97 best practice statements that can be used as a self-assessment tool to evaluate and monitor the quality of nutrition services. <http://www.nfsmi.org/documentlibraryfiles/PDF/20090529045619.pdf>
- Stepping Stones to Using Caring For Our Children. National Health and Safety Performance Standards. Guidelines for Out-Of-Home Child Care Programs Second Edition.* American Academy of Pediatrics, American Public Health Association and National Resource Center for Health and Safety in Child Care and Early Education, 2003 (English and Spanish). <http://nrckids.org/STEPPING/index.htm>
- Steps to Nutrition Success Checklist: Child Care Centers. A Program Self-assessment Resource.* National Food Service Management Institute, September 2003. <http://www.nfsmi.org/documentlibraryfiles/PDF/20080222015036.pdf>
- Steps to Nutrition Success Checklist: Family Day Care Homes. A Program Self-assessment Resource.* National Food Service Management Institute, September 2003. <http://www.nfsmi.org/documentlibraryfiles/PDF/20080222015216.pdf>
- The Environment and Policy Assessment and Observation (EPAO) Child Care Nutrition and Physical Activity Instrument.* Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill, 2005. [http://www.center-trt.org/downloads/obesity\\_prevention/interventions/NAPSACC/evaluation/Environment\\_&Policy\\_Assessment\\_and\\_Observation\\_Instrument.pdf](http://www.center-trt.org/downloads/obesity_prevention/interventions/NAPSACC/evaluation/Environment_&Policy_Assessment_and_Observation_Instrument.pdf)
- Transforming Children's Health: How four child care programs made positive changes in their environments.* The Nemours Foundation, 2008. <http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/publication/ccareposchg.pdf>
- Use of Water and 100% Juice Licensing Toolkit.* National Resource Center for Health and Safety in Child Care and Early Education, 2012. <http://nrckids.org/Toolkit/WaterJuiceToolkitCombined.pdf>
- Water and 100% Juice Tip Sheet.* National Resource Center for Health and Safety in Child Care and Early Education, 2012. <http://nrckids.org/TipSheet/JuiceTipSheet.pdf>

## Child Care Nutrition and Physical Activity Policies

*Wellness Child Care Assessment Tool (WellCCAT)*. Yale Rudd Center for Food Policy and Obesity.

<http://www.yaleruddcenter.org/resources/upload/docs/what/communities/WellnessChildCareAssessmentToolForResearch.pdf>

*Wellness Policy Resources for Child Care*. Healthy Meals Resource System, U.S. Department of Agriculture.

<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-resources-child-care>

◀ [Return to Contents](#) ▶



### Commercialism in Schools

*It's Child's Play: Advergaming and the Online Marketing of Food to Children.* The Kaiser Foundation, 2006. A comprehensive analysis of the nature and scope of online food advertising to children to help inform policymakers, advocates and industry experts.  
<http://www.kff.org/entmedia/entmedia071906pkg.cfm>

*Center for Commercial-Free Public Education.* A national non-profit organization that addresses the issue of commercialism in public schools and provides support to students, parents, teachers and other concerned citizens to keep schools commercial-free and community-controlled. <http://www.ibiblio.org/commercialfree/>

*Commercialism in Education Research Unit (CERU).* University of Colorado at Boulder. The only national academic research center that conducts research, disseminates information and helps facilitate dialogue between the education community, policy makers and the public at large about commercial activities in schools. <http://nepc.colorado.edu/ceru-home>

*Food Marketing and the Diets of Children and Youth.* Institutes of Medicine. Information on comprehensive study of the science-based effects of food marketing on the diets and health of children and youth in the United States.  
<http://www.iom.edu/Activities/Children/KidsFoodMarketing.aspx>

*Food Marketing to Children and Youth: Threat or Opportunity?* National Academies' Institute of Medicine, 2005. Provides the most comprehensive review to date of the scientific evidence on the influence of food marketing on diets and diet-related health of children and youth. <http://www.iom.edu/Reports/2005/Food-Marketing-to-Children-and-Youth-Threat-or-Opportunity.aspx>

*Guidelines for Responsible Food Marketing to Children.* Center for Science in the Public Interest, 2005.  
<http://www.cspinet.org/marketingguidelines.pdf>

*Report of the American Psychological Association Task Force on Advertising and Children.* 2004. Outlines the effect of food and beverage advertising on children's eating habits and their contribution to youth obesity and offers extensive recommendations for healthful changes. <http://www.apa.org/pubs/info/reports/advertising-children.aspx>

*School Commercialism, Student Health and the Pressure To Do More With Less.* Arizona State University, 2003.  
<http://epicpolicy.org/publication/school-commercialism-student-health-and-pressure-do-more-less>

*School Soda Contracts: A Sample Review of Contracts in Oregon Public School Districts.* Community Health Partnership, 2005.  
<http://epsl.asu.edu/ceru/Articles/CERU-0504-147-OWI.pdf>

◀ [Return to Contents](#) ▶

### Community Partnerships

- Afterschool & Health: Opportunities for Advocacy.* Afterschool Alliance. Strategies to include afterschool programs in the infrastructure created for student-health-promotion initiatives <http://www.afterschoolalliance.org/policyActiveHoursObesity.cfm>
- Community Tool Box.* University of Kansas. Supports work in promoting community health and development by providing more than 6,000 pages of practical skill-building information on more than 250 topics. Topic sections include step-by-step instruction, examples, check-lists and related resources. <http://ctb.ku.edu/en/>
- Find Youth Info.* Resources and information to support programs and services focusing on positive, healthy outcomes for youth. <http://www.findyouthinfo.gov/>
- Healthy Behaviors for Children and Families: Developing Exemplary Practices in Nutrition and Physical Activity in Afterschool Programs.* Center for Collaborative Solutions, Updated September 2008. Designed to help afterschool program leaders and their partners join in the fight against the obesity epidemic facing our children and youth today in a systematic and effective way. This guide explains six exemplary practices and contains indicator rubrics that can be used by programs to assess how they are doing in each of the six practice areas and to help them focus their attention on the areas they want to improve. <http://www.ccscenter.org/afterschool/Exemplary%20Practices%20Guide>
- Kids Walk-to-School Program.* A community-based program from the Centers for Disease Control and Prevention that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. <http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>
- Making Health Easier.* Centers for Disease Control and Prevention. An interactive social networking site where CDC-funded communities and their partners can share stories and resources and engage with people and other communities around obesity and tobacco issues. <http://makinghealtheasier.org/>
- Promoting Healthy Youth, Schools and Communities. A Guide to Community-School Health Advisory Councils.* Iowa Department of Public Health, 2000. This guide is tailored to the planning needs of school district staff members charged with forming a Community-School Health Advisory Council. The guide also will be useful to school staff members who work with other health-related school committees, as well as parents and other community partners interested in promoting coordinated school health. [http://www.idph.state.ia.us/hpcdp/promoting\\_healthy\\_youth.asp](http://www.idph.state.ia.us/hpcdp/promoting_healthy_youth.asp)
- Promoting Physical Activity: A Guide for Community Action.* Centers for Disease Control and Prevention, 1999. This guide uses a social marketing and behavioral science approach to intervention planning, guiding users through a step-by-step process to address the target population's understanding and skills, the social networks, the physical environments in which they live and work and the policies that most influence their actions. <http://www.cdc.gov/nccdphp/dnpa/pahand.htm>
- School Walk for Diabetes.* An educational school fundraising program that promotes healthy living, school spirit and community involvement. <http://schoolwalk.diabetes.org>
- Speaking Educators' Language: A Guide For Public Health Professionals Working in the Education Sector.* National Association of Chronic Disease Directors, 2013. [http://c.ymcdn.com/sites/www.chronicdisease.org/resource/resmgr/school\\_health/nacdd\\_educationsector\\_guide\\_.pdf](http://c.ymcdn.com/sites/www.chronicdisease.org/resource/resmgr/school_health/nacdd_educationsector_guide_.pdf)
- The Community Guide.* Centers for Disease Control and Prevention. A resource for evidence-based recommendations and findings about what works to improve public health. <http://www.thecommunityguide.org/about/index.html>
- The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions.* Food and Drug Administration and U.S. Department of Agriculture, 2003. Guidance for after-school program leaders working with young adolescents. [http://teamnutrition.usda.gov/Resources/power\\_of\\_choice.html](http://teamnutrition.usda.gov/Resources/power_of_choice.html)
- Who can you consider as potential partners?* Find Youth Info. <http://www.findyouthinfo.gov/collaboration-profiles/who-can-you-consider-potential-partners>

◀ [Return to Contents](#) ▶



## Coordinated School Health

- Connecticut's Coordinated Approach to School Health*. Connecticut State Department of Education.  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320726&sdePNavCtr=|45534|#45556>
- Coordinated Approach to Child Health (CATCH)*. The CATCH program involves the coordination of four components: health education, physical education, nutrition services and parent involvement. CATCH focuses on cardiovascular and diabetes education and is also a great start toward coordinated school health programming. <http://www.sph.uth.tmc.edu/catch/>
- Coordinated School Health Program, Position Statement of the National Association of School Nurses*. National Association of School Nurses, Revised June 2008. <http://www.nasn.org/Default.aspx?tabid=213>
- Coordinating School Health Programs*. Maine State Department of Education Website. Introduces the eight components of Coordinated School Health Programs to school personnel, parents and students and provides resources for information and networking for those involved in school health issues. <http://www.maineeshp.com/>
- Guidelines for a Coordinated Approach to School Health. Addressing the Physical Social and Emotional Health Needs of the School Community*. Connecticut State Department of Education, 2007. These guidelines are intended to assist local and regional boards of education with developing plans to 1) engage students in physical activities; 2) formulate strategies to coordinate health education, programs and services; and 3) establish procedures for assessing the need for related community-based services. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322666#Guidelines>
- Health is Academic*. Eva Marx and Susan Frelick Wooley with Daphne Northrop. Teachers College Press, 1998. Comprehensive guide that defines coordinated school health programs and discusses how they contribute to the health and educational achievement of students; who participates in and supports these programs at the local school, state and national levels; and how to implement these programs. <https://secure.edc.org/publications/prodview.asp?930>
- Healthy Connections: Connecticut's Coordinated Approach to School Health*. Connecticut State Department of Education.  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320726>
- Making Health Academic*. Education Development Center. Provides information and resources on connections between health and learning, describes coordinated school health programs and offers assistance and linkages.  
<http://www2.edc.org/MakingHealthAcademic/>
- Map of Outstanding Whole Child Examples*, ASCD. Provides examples of schools from across the United States and Canada that are implementing the whole child approach to education. <http://whatworks.wholechildeducation.org/examples/>
- North Carolina Healthy Schools*. <http://www.nchealthyschools.org/>
- Resolution for Comprehensive School Health Education That Addresses the Safety and Health of All Children*. The Society of State Directors of Health, Physical Education and Recreation, September 23, 2005.  
[http://www.thesociety.org/pdf/2005SSDHPER\\_CSHE\\_Resolution.pdf](http://www.thesociety.org/pdf/2005SSDHPER_CSHE_Resolution.pdf)
- Rocky Mountain Center for Health Promotion*. Provides resources addressing best practice and research-based professional development, including searchable databases on references and resources. <http://www.pdp-rmc.org/>
- School Health Programs Improving The Health of Our Nation's Youth*. Centers for Disease Control and Prevention, 2011.  
<http://www.cdc.gov/chronicdisease/resources/publications/aag/pdf/2010/dash-2010.pdf>
- State School Health Policy Matrix*. National Association of Chronic Disease Directors (NACDD), National Association of State Boards of Education (NASBE) and American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). A guide to state-level school health policies for competitive foods and beverages, physical education and physical activity and administration of medication in the school environment. The Matrix outlines relevant state-level policies for each of these areas, including a direct link to the policy. It also indicates which political entity or agency adopted the policy or issued guidance. <http://www.nasbe.org/project/center-for-safe-and-healthy-schools/state-school-health-policy-matrix/>
- Talking About Health is Academic*. Eva Marx, Daphne Northrop, Judith Dwyer Pierce. Teachers College Press, 1999. Consists of six workshop modules containing narrative script, overheads and handouts for presentations to those who can influence or participate in the implementation of coordinated school health programs at national, state or local levels.  
<https://secure.edc.org/publications/prodview.asp?1144>
- The Whole Child*. Association for Supervision and Curriculum Development. Public engagement and advocacy campaign to encourage schools and communities to work together to ensure that each student has access to a challenging curriculum in a healthy and supportive climate. Includes assessment tool and resources. <http://www.wholechildeducation.org/>

*What is a Coordinated School Health Program (CSHP)?* Education Development Center, Inc., 2001.  
<http://www2.edc.org/MakingHealthAcademic/cshp.asp>

◀ *Return to Contents* ▶

## Data and Trends

- Action for Healthy Kids Reports.* Action for Healthy Kids. [http://a4hk.org/special\\_exclusive.php](http://a4hk.org/special_exclusive.php)
- Adolescent and School Health Data and Statistics.* Centers for Disease Control and Prevention. <http://www.cdc.gov/HealthyYouth/data/index.htm>
- America's Children: Key National Indicators of Well-Being.* The Federal Interagency Forum on Child and Family Statistics. Offers easy access to statistics and reports on children and families, including population and family characteristics, economic security, health, behavior and social environment and education. <http://www.childstats.gov/>
- America's Health Rankings.* United Health Foundation. Provides an annual analysis of national health on a state-by-state basis and ranking of the healthiest and least healthy states. <http://www.americashealthrankings.org/>
- Annie E. Casey Foundation.* Data and resources to foster public policies, human-service reforms and community supports that more effectively meet the needs of vulnerable children and families. <http://www.aecf.org/>
- Availability of Less Nutritious Snack Foods and Beverages in Secondary Schools—Selected States, 2002–2008.* Centers for Disease Control and Prevention's (CDC) Morbidity and Mortality Weekly Report (MMWR), October 5, 2009/58, 1-4. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm58e1005a1.htm>.
- Behavioral Risk Factor Surveillance System.* Centers for Disease Control and Prevention. <http://www.cdc.gov/BRFSS/>
- Beverage Consumption Among High School Students – United States, 2010.* Centers for Disease Control and Prevention's (CDC) Morbidity and Mortality Weekly Report (MMWR), June 17, 2011/ 60(23);778-780. [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6023a2.htm?s\\_cid=mm6023a2\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6023a2.htm?s_cid=mm6023a2_w)
- Bridging the Gap. School Policies and Practices to Improve Health and Prevent Obesity: National Elementary School Survey.* Robert Wood Johnson Foundation, 2012. [http://www.bridgingthegapresearch.org/research/elementary\\_school\\_survey/](http://www.bridgingthegapresearch.org/research/elementary_school_survey/)
- Calories In, Calories Out: Food and Exercise in Public Elementary Schools.* National Center for Educational Statistics, 2005. Findings on the types of food sold at one or more locations in schools and in their cafeterias or lunchrooms; the types of food sold at vending machines and school stores or snack bars and times when foods were available at those locations; food service operations and contracts with companies to sell foods at schools; scheduled recess, including the days per week, times per day and minutes per day of recess; scheduled physical education, including the days per week, class length and average minutes per week of physical education; activities to encourage physical activity among elementary students; and the physical assessment of students. <http://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2006057>
- Change in Dietary Energy Density after Implementation of the Texas Public School Nutrition Policy.* Journal of the American Dietetic Association, 110(3): 434-440, March 2010. <http://www.ncbi.nlm.nih.gov/pubmed/20184994>
- Child Nutrition Research.* Access to U.S. Department of Agriculture studies and summaries relating to child nutrition programs, including school meals and Team Nutrition. <http://www.fns.usda.gov/Ora/menu/Published/CNP/cnp.htm>
- Child Nutrition Studies Archives.* <http://www.fns.usda.gov/Ora/menu/Published/CNP/cnp-archive.htm>
- Child Trends.* Data addressing many childhood issues, such as poverty, early childhood, education and health that assists in identifying emerging issues, evaluating important programs and policies and providing data-driven, evidence-based guidance on policy and practices. <http://www.childtrends.org/index.cfm>
- Child Well-Being Data Reports.* Connecticut Voices for Children. Summarizes data for each Connecticut town highlighting areas of child and family well-being. <http://www.ctvoices.org/publications?issue=2>
- Children's Food Environment State Indicator Report.* Centers for Disease Control and Prevention, 2011. Highlights selected behaviors, environments and policies that affect childhood obesity through support of healthy eating. <http://www.cdc.gov/obesity/downloads/ChildrensFoodEnvironment.pdf>
- Competitive Foods and Beverages Available for Purchase in Secondary Schools – Selected Sites, United States, 2006.* Centers for Disease Control and Prevention's (CDC) Morbidity and Mortality Weekly Report (MMWR), August 29, 2008. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5734a2.htm>
- Connecticut Association for Human Services.* <http://www.cahs.org/>
- Connecticut Department of Public Health's Annual Registration Reports.* Statistics from the Connecticut vital records databases, including analyses of births and deaths. <http://www.ct.gov/dph/cwp/view.asp?a=3132&q=394598>
- Connecticut School Health Survey (CSHS).* [http://www.ct.gov/dph/cwp/view.asp?a=3132&q=388104&dphNav\\_GID=1832&dphPNavCtr=|#46988](http://www.ct.gov/dph/cwp/view.asp?a=3132&q=388104&dphNav_GID=1832&dphPNavCtr=|#46988)

- Connecticut State Profile*. Action for Healthy Kids. [http://take.actionforhealthykids.org/site/Clubs?club\\_id=1105&pg=main](http://take.actionforhealthykids.org/site/Clubs?club_id=1105&pg=main)
- Connecticut School/District Data*. Connecticut State Department of Education. Includes measures of student needs, school resources and student and school performance for each Connecticut school district. <http://www.csde.state.ct.us/public/cedar/profiles/index.htm>
- County Health Rankings*. Robert Wood Johnson Foundation and Mobilizing Action Toward Community Health (MATCH), University of Wisconsin Population Health Institute. Ranks the overall health of nearly every county in all 50 states based on health outcomes (mortality and morbidity) and health factors (health behaviors, clinical care, social and economic and physical environment factors). <http://www.countyhealthrankings.org/>
- Data Resource Center for Child and Adolescent Health*. Maternal and Child Health Bureau (MCHB), Health Resources and Services Administration, U.S. Department of Health and Human Services. Interactive, online access to national and state data from the National Survey of Children's Health and the National Survey of Children with Special Health Care Needs with resources and technical support for using the data results. <http://www.childhealthdata.org/>
- Eating Breakfast Greatly Improves Schoolchildren's Diet Quality*. U.S. Department of Agriculture, December 1999. <http://www.cnpp.usda.gov/Publications/NutritionInsights/insight15.pdf>
- Effects of Food Assistance and Nutrition Programs on Nutrition and Health, Volume 1, Research Design*. U.S. Department of Agriculture, 2002. <http://www.ers.usda.gov/Publications/FANRR19-1/>
- Finding and Using Health Statistics*. National Library of Medicine. Access to key health and human services data and statistics, including federal, state and local government-sponsored information. <http://www.nlm.nih.gov/nichsr/usestats/index.htm>
- Food Environment Atlas*. U.S. Department of Agriculture, Economic Research Service. Provides statistics on food environment indicators, an overview of a community's ability to access healthy food and its success in doing so. <http://www.ers.usda.gov/FoodAtlas/>
- Food Surveys*. U.S. Department of Agriculture. <http://www.ars.usda.gov/Services/Services.htm?modecode=12-35-50-00>
- Government Information and Statistics*. Gateway to thousands of government resources. <http://www.usa.gov/index.shtml>
- Health, United States*. Centers for Disease Control and Prevention. This annual report on trends in health statistics consists of two main sections. A chartbook containing text and figures that illustrates major trends in the health of Americans; and a trend tables section that contains detailed data tables. <http://www.cdc.gov/nchs/hus.htm>
- Healthy Eating Research: Research Briefs and Syntheses*. Robert Wood Johnson Foundation. Research briefs on topic related to child nutrition and obesity. <http://www.healthyeatingresearch.org/publications-mainmenu-111/research-briefs-and-syntheses-mainmenu-114>
- Hunger and Food Insecurity National and State Program Data*. Food Research and Action Center. Describes the extent of hunger and food insecurity and the use of nutrition programs. <http://frac.org/reports-and-resources/>
- Improving School Foods Through the Team Nutrition Program: New Findings from U.S. Elementary Schools*. Bridging the Gap Research Brief, November 2011. [http://www.bridgingthegapresearch.org/\\_asset/z9cm9b/btg\\_team\\_nutrition\\_111711.pdf](http://www.bridgingthegapresearch.org/_asset/z9cm9b/btg_team_nutrition_111711.pdf)
- Inventory of Qualitative Research in Nutrition and Physical Activity*. Centers for Disease Control and Prevention, Division of Nutrition and Physical Activity. Provides basic information about qualitative studies that have been conducted in the fields of nutrition, physical activity and other related fields. The inventory allows users to search for information using search fields, entering keywords or searching the entire database. [http://www.cdc.gov/nccdphp/dnpa/qualitative\\_research/](http://www.cdc.gov/nccdphp/dnpa/qualitative_research/)
- Kids Count Data Center*. Annie E. Casey Foundation. Access to hundreds of measures of child well-being. <http://datacenter.kidscount.org/>
- Kids Count Publications*. Connecticut Association for Human Services. [http://www.cahs.org/kidscount/kidscount\\_publications.htm](http://www.cahs.org/kidscount/kidscount_publications.htm)
- National Center for Health Statistics*. Centers for Disease Control and Prevention. Provides important surveillance information that helps identify and address critical health problems. <http://www.cdc.gov/nchs/>
- National Health and Nutrition Examination Survey (NHANES)*. Conducted by the National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention. Designed to collect information about the health and diet of people in the United States. <http://www.cdc.gov/nchs/nhanes.htm>
- Nutrition, Physical Exercise and Obesity: What's Happening in Your School?* Center for Health and Health Care in Schools, 2005. Results of a web survey to identify what's happening in schools concerning nutrition, physical exercise and obesity prevention. <http://www.healthinschools.org/Publications-and-Resources/Polls-and-Surveys/Web-Based-Surveys/Nutrition-Physical-Exercise-and-Obesity-2005-2006-Survey-Results.aspx>

- Partners in Information Access for the Public Health Workforce.* National Library of Medicine. A collaboration of U.S. government agencies, public health organizations and health sciences libraries. Provides information resources on health promotion and disease prevention, various health data tools and statistics links, legislation, conferences, email lists and grant information. <http://phpartners.org/>
- Physical Activity and Nutrition. School Children.* National Education Association Health Information Network. <http://www.neahin.org/health-safety/physical/>
- Prevalence and Trends Data from the Behavioral Risk Factor Surveillance System.* Centers for Disease Control and Prevention. Compiles data for sixteen negative adult behaviors or circumstances (e.g., obesity, overweight, physical activity, insufficient fruit and vegetable consumption), so that the user can view the trend over time. Trends can be compared across gender or age groupings as well as between two states. <http://apps.nccd.cdc.gov/BRFSS/>
- Researching the School Nutrition Industry.* School Nutrition Association. Trends, factors and issues impacting school nutrition. <http://www.schoolnutrition.org/Content.aspx?id=76>
- School Health Policies and Programs Study (SHPPS).* Centers for Disease Control and Prevention. Summarizes results of national survey to assess school health policies and programs at the state, district, school and classroom levels. <http://www.cdc.gov/HealthyYouth/shpps/index.htm>
- School Health Programs.* National School Boards Association. Resources to help school policymakers and educators make informed decisions about health issues affecting the academic achievement and healthy development of students and the effective operation of schools. <http://www.nsba.org/schoolhealth>
- School Health Reports and Studies.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/school-health-reports-and-studies>
- School Policies and Practices to Improve Health and Prevent Obesity: National Elementary School Survey Results.* Robert Wood Johnson Foundation, Summer 2010. This report indicates that many schools have not implemented the school wellness policy provisions required by the Child Nutrition and WIC Reauthorization Act of 2004. The report highlights opportunities for changing policies and practices to better support healthy eating and physical activity, such as nutritional standards for competitive foods and high-quality physical education programs. [http://www.rwjf.org/childhoodobesity/product.jsp?id=64429&cid=XEM\\_205602](http://www.rwjf.org/childhoodobesity/product.jsp?id=64429&cid=XEM_205602)
- State Health Facts.* Kaiser Family Foundation. Provides quick access to nearly 400 indicators covering state-level and U.S. data on health, health care and health policy. Updated state data are available on smoking, obesity and death rates for cancer, stroke, diabetes, heart disease and firearms, based on information from the Centers for Disease Control and Prevention. <http://www.statehealthfacts.org/>
- State Indicator Reports.* Centers for Disease Control and Prevention. A variety of reports on nutrition and physical activity. <http://www.cdc.gov/obesity/resources/reports.html#State>
- State Indicator Report on Fruits and Vegetables, 2013.* Centers for Disease Control and Prevention, 2013. Provides information for each state on fruit and vegetable consumption, and environmental and policy indicators of support for consumption. <http://www.cdc.gov/nutrition/downloads/State-Indicator-Report-Fruits-Vegetables-2013.pdf>
- State of Nutrition Education & Promotion for Children & Adolescents.* Society for Nutrition Education, 2009. Reviews the research on nutrition education interventions for children and adolescents and finds that nutrition education and promotion efforts can impact nutrition-related behaviors but the current lack of funding has resulted in fragmented nutrition education and promotion programs making it difficult for innovative, evidence-based approaches to be developed and implemented in ways that are both comprehensive and sustainable. [http://www.sne.org/documents/SNENENReport630\\_Final\\_000.pdf](http://www.sne.org/documents/SNENENReport630_Final_000.pdf)
- Surveys, Reports and Research.* Food and Nutrition Information Center. Links to reports and studies on a variety of nutrition-related issues. [http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=1&tax\\_subject=268](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1&tax_subject=268)
- The Community Nutrition Mapping Project (CNMap).* Agricultural Research Service, U.S. Department of Agriculture. An online resource for checking a state's nutritional health, including information on nutrient intakes, physical activity and body weight, healthy eating patterns and food security. CNMap's gallery of maps provides comparison data on fat, cholesterol, sodium and macro- and micro-nutrient intakes by state. Users can look up, for example, the percentage of individuals meeting the recommended dietary allowance for folate or for calcium in a given state. Other indicators, such as the percentage of those meeting recommended Food Guide Pyramid servings, are also available. <http://www.ars.usda.gov/is/pr/2003/030425.htm>
- The Effect of Food and Beverage Prices on Children's Weights.* Economic Research Report (ERR-118), June 2011. <http://www.ers.usda.gov/Publications/ERR118/>

- The National Children's Study*. National Institute of Child Health and Human Development. Will examine the effects of environmental influences on the health and development of more than 100,000 children across the United States, following them from before birth until age 21. The goal of the study is to improve the health and well-being of children.  
<http://www.nationalchildrensstudy.gov/Pages/default.aspx>
- The Healthy Eating Index*. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.  
<http://www.cnpp.usda.gov/healthyeatingindex.htm>
- School Nutrition Dietary Assessment Study III: Summary of Findings*. U.S. Department of Agriculture, November 2007.  
<http://www.fns.usda.gov/Ora/menu/Published/CNP/FILES/SNDIII-SummaryofFindings.pdf>
- School Nutrition Dietary Assessment Study IV Summary*. U.S. Department of Agriculture, November 2012.  
[http://www.fns.usda.gov/ora/MENU/Published/CNP/FILES/SNDA-IV\\_Summary.pdf](http://www.fns.usda.gov/ora/MENU/Published/CNP/FILES/SNDA-IV_Summary.pdf)
- School Nutrition Dietary Assessment Study IV*: U.S. Department of Agriculture, 2012..  
<http://www.fns.usda.gov/ora/MENU/Published/CNP/cnp.htm>
- The State of Nutrition and Physical Activity in Our Schools*. Environment & Human Health, Inc., 2004. Results of a comprehensive research study to identify what is going on in Connecticut schools with respect to nutrition and physical activity. The report addresses six key areas and offers strategies for improvement. The areas include. Time to Eat Lunch; the National School Lunch Program; Competitive Foods in the Cafeteria; All Other Foods Available in Schools (bake sales, fundraisers, stores, vending machines and food brought in for birthday parties and other celebrations; Nutrition Education; and Physical Education and Physical Activities in Schools. <http://www.ehhi.org/reports/obesity/>
- The Quality of Children's Diets in 2003-04 as Measured by the Healthy Eating Index-2005*. Nutrition Insight 43, U.S. Department of Agriculture Center for Nutrition Policy and Promotion, April 2009.  
<http://www.cnpp.usda.gov/Publications/NutritionInsights/Insight43.pdf>
- The 2009 Connecticut Health Disparities Report*. The Connecticut Health Disparities Project, Connecticut Department of Public Health, January 2009. [http://www.ct.gov/dph/lib/dph/hisr/pdf/2009ct\\_healthdisparitiesreport.pdf](http://www.ct.gov/dph/lib/dph/hisr/pdf/2009ct_healthdisparitiesreport.pdf)
- Youth Risk Behavior Surveillance System*. Centers for Disease Control and Prevention.  
<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

◀ [Return to Contents](#) ▶



### Developing and Implementing Policies

- About Policymaking.* National Association of State Boards of Education. Resources on policymaking including theories, techniques and best practices. [http://nasbe.org/index.php?option=com\\_rokdownloads&view=folder&Itemid=1007](http://nasbe.org/index.php?option=com_rokdownloads&view=folder&Itemid=1007)
- Action Guide for Child Care Nutrition and Physical Activity Policies.* Connecticut State Department of Education, 2010. Provides guidance to help local and community child care, early education and afterschool programs establish and implement policies and practices that encourage healthy lifestyles in children. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322562>
- Action Guide for School Nutrition and Physical Activity Policies.* Connecticut State Department of Education, 2006 (Revised 2009). Provides comprehensive guidance for school districts on developing, implementing and evaluating policies to promote healthy eating and physical activity. Includes the results of Connecticut's 10 School Nutrition Policies pilot districts. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436>
- Action for Healthy Kids.* Information, tools and resources on how to work towards improving children's nutrition and physical fitness. <http://www.actionforhealthykids.org>
- Alliance for a Healthier Generation.* <http://www.healthiergeneration.org/>
- Blueprint for Nutrition & Physical Activity. Cornerstones of a Healthy Lifestyle.* Association of State & Territorial Public Health Nutrition Directors (ASTPHND) (no date). [http://movingtothefuture.org/frontpage\\_files/55/55\\_frontpage\\_file1.pdf](http://movingtothefuture.org/frontpage_files/55/55_frontpage_file1.pdf)
- California Healthy Kids Resource Center.* Resources and materials for developing, implementing and evaluating school wellness policies. <http://www.californiahealthykids.org/c/@gq2hygVuXEnE2/Pages/npapp.html>
- California Project LEAN (Leaders Encouraging Activity and Nutrition).* Administered by the California Department of Health Services and the Public Health Institute, Project LEAN works to advance nutrition and physical activity policy in schools and communities in order to prevent obesity and its associated chronic diseases. Website includes many resources related to school wellness. <http://www.californiaprojectlean.org/>
- Call to Leadership: Elevating School Wellness to a Higher Level.* Action for Healthy Kids, December 8, 2008. Archive of a Web cast that features a distinguished panel of national leaders discussing the urgency of creating healthier schools in America; engaging school and community leaders as allies; overcoming barriers in school nutrition and physical activity; and examples of leadership at the local level. [http://www.a4hk.org/webcast\\_archive.php](http://www.a4hk.org/webcast_archive.php)
- Center for Health and Health Care in Schools.* Policy and program resource center focused on strengthening the well being of children and youth through effective health programs and health care services in schools. Includes policy guidance, resources, publications and bibliographies. <http://www.healthinschools.org>
- Center for the Study of Social Policy.* Dedicated to helping policymakers improve outcomes and opportunities for children and families, including strategies for maximizing the federal stimulus funding and managing state budgets. <http://www.policyforresults.org/>
- Center for Science in the Public Interest Nutrition Policy Website.* Provides links to model policies and legislation, backgrounders, fact sheets, up-to-date statistics on the impact of poor diet and inactivity on health and health-care costs and other tools to support national, state and local nutrition and physical activity policies. <http://www.cspinet.org/nutritionpolicy>
- Changing the Scene: Improving the School Nutrition Environment.* U.S. Department of Agriculture, 2000. A tool kit to help schools take action to improve students' eating and physical activity practices. <http://www.fns.usda.gov/tn/resources/changing.html>
- Children's Food Environment State Indicator Report National Action Guide.* Centers for Disease Control and Prevention, 2011. Provides potential actions that state leaders, coalitions, community-based organizations and professionals can take alone or in partnership to support state residents' purchase and consumption of more healthful foods. <http://www.cdc.gov/obesity/downloads/NationalActionGuide.pdf>
- Commitment to Change.* Action for Healthy Kids, 2008. AFHK's guiding document with 12 action steps for creating health-promoting schools that support sound nutrition and physical activity. <http://www.actionforhealthykids.org/for-schools/resources/files/commitmenttochange.pdf>
- Community Action to Change School Food Policy. An Organizing Kit.* Massachusetts Public Health Association, May 2005. Resource to assist with organizing to pass policy to eliminate junk foods and sodas from school campuses. It includes many supporting documents that will help parents, school personnel and community members make a strong case to promote healthy foods in schools. <http://www.mphaweb.org/documents/CommunityActiontoChangeSchoolFoodPolicy.pdf>

- Criteria for Evaluating School Based Approaches to Increasing Good Nutrition and Physical Activity.* Action for Healthy Kids, 2004. This report defines a set of standard criteria for creating and evaluating school-based approaches for improving nutrition and physical activity. In order for schools to implement best practices, they must know what works under what conditions. These criteria can be applied to a broad range of practices, policies and programs to measure their potential effectiveness and adoptability. <http://www.actionforhealthykids.org/for-schools/resources/research-and-reports/criteria-for-evaluating-school-based-approaches-to-increasing-good-nutrition-and-physical-activity-full-report.html>
- Engaging School Leaders as Partners in Creating Healthy Schools: Tips and Insights for Action for Healthy Kids Teams.* Action for Healthy Kids, Winter 2007. This publication provides tips and insights for those who want to work more purposefully to build positive working relationships with educational leaders, to improve the health and wellbeing of students. Direct input from educational leaders is designed to help you cultivate relationships or to take your relationships with school leaders to the next level. The report also offers recommendations on how to build an effective outreach and engagement strategy, as well as insights on how best to engage specific groups of school leaders. [http://www.a4hk.org/pdf/AFHK%20Leaders%20Guide%20FINAL3\\_5.pdf](http://www.a4hk.org/pdf/AFHK%20Leaders%20Guide%20FINAL3_5.pdf)
- Environmental Nutrition and Activity Strategies Tool (ENACT).* The Strategic Alliance for Healthy Food and Activity Environments. A Web-based tool that provides hands-on assessment and planning resource for organizations, coalitions and communities interested in improving their nutrition and physical activity environments. Addresses seven areas: child care, school, afterschool, community, workplace, healthcare and government. <http://preventioninstitute.org/sa/enact/members/index.php>
- Fit, Healthy and Ready to Learn: Chapter E Policies to Promote Healthy Eating.* National Association of State Boards of Education, 2012. [http://www.nasbe.org/wp-content/uploads/FHRTL-E\\_Healthy-Eating\\_NASBE\\_November-2012.pdf](http://www.nasbe.org/wp-content/uploads/FHRTL-E_Healthy-Eating_NASBE_November-2012.pdf)
- Fit, Healthy and Ready to Learn: School Health Policy Guide Series.* National Association of State Boards of Education. [http://www.nasbe.org/nasbe\\_marketplace/index.php?dispatch=categories.view&category\\_id=87](http://www.nasbe.org/nasbe_marketplace/index.php?dispatch=categories.view&category_id=87)
- Guidelines for School Health Programs to Promote Lifelong Healthy Eating.* Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), June 14, 1996 / 45(RR-9);1-33. <http://www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm>
- Healthy Children Ready to Learn: Facilities Best Practices.* California Department of Education, 2007. Highlights many of the best practices used by schools to provide a healthy environment for good nutrition and appropriate physical activity. <http://www.cde.ca.gov/ls/fa/sf/healthykidspwrpt.asp>
- Healthy Eating and Active Living : Connecticut's Plan for Health Promotion.* Connecticut Department of Public Health, 2005. This report proposes a framework and process through which Connecticut communities and institutions can implement strategies to promote health through healthy eating and active living. [http://www.ct.gov/dph/lib/dph/DPH\\_Obesity\\_Plan.pdf](http://www.ct.gov/dph/lib/dph/DPH_Obesity_Plan.pdf)
- Healthy Eating and Active Living Resource Toolkit.* Connecticut Association of Directors of Health, in conjunction with the State Department of Public Health and the Area Health Education Center, 2005. A web-based resource that outlines a step-by-step process for promotion of healthy eating and active living that addresses team building, assessment, development of action plans, interventions and evaluation. <http://www.cthaned.org/HEALRT/highlights.htm>
- Health, Mental Health and Safety Guidelines for Schools.* Taras, H., Duncan, P., Luckenbill, D., Robinson, J., Wheeler, L., & Wooley S., 2004. Guidelines to help those who influence the health and safety of students and school staff while they are in school, on school grounds, on their way to or from school and involved in school-sponsored activities. Guidelines cover all areas of coordinated school health including nutrition, physical activity and staff wellness. <http://www.nationalguidelines.org/>
- Healthy Food, Healthy Kids: A Busy Parent's Guide to Banishing Junk Food From Your Child's School—And Getting Kids to Eat The Good Stuff.* Dana Woldow and Caroline Grannan. This seven-page guide, produced by parents of Aptos Middle School in San Francisco, describes how parents can get help improve the nutrition environment at schools. It details the success story at Aptos Middle School and gives advice on the lessons this parent group learned along the way. <http://www.pasasf.org/nutrition/pdfs/QuickGuide.pdf>
- Healthy School Food Policies: A Checklist.* Center for Food and Justice, Urban and Environmental Policy Institute, Los Angeles, California, June 2005. Contains 65 policy ideas for improving school food, with legislative language for each idea drawn from policies that have been enacted or proposed at the state or school district levels. [http://departments.oxy.edu/uepi/cfj/publications/healthy\\_school\\_food\\_policies\\_05.pdf](http://departments.oxy.edu/uepi/cfj/publications/healthy_school_food_policies_05.pdf)
- Healthy Schools Builder.* Alliance for a Healthier Generation. <http://www.healthiergeneration.org/builder/builderlogin.aspx>
- Healthy Schools for Healthy Kids.* Robert Wood Johnson Foundation, 2004. Summary of two national polls conducted regarding what schools should do to help stop the epidemic of childhood obesity. Details two years of interviews, school site visits and analysis of federal, state and local policies regarding promoting healthy eating and physical activity in schools. <http://www.rwjf.org/newsroom/product.jsp?id=15595>

- Idaho Implementation Guide for School Wellness Policy.* Idaho Action for Healthy Kids, 1007. Offers practical information about developing health policies, ensuring that mealtime is a pleasant experience for children, offering nutritious food choices in a variety of settings and involving children, parents, school personnel and the community in the process of promoting physical exercise, good body image and healthy practices at home and at school.  
<http://www.sde.idaho.gov/site/cnp/wellness/docs/AFHK%20Wellness%20Policy%20rev%202007.pdf>
- Improving the Health of Adolescent & Young Adults. A Guide for States and Communities.* Centers for Disease Control and Prevention, 2004. This document helps translate the Healthy People 2010 objectives that are key to young people's health and safety into a vision for improving adolescent health and well-being. It provides a framework for helping state and local agencies and organizations establish priorities, take collective action and measure progress toward the shared goal of improving the health, safety and well-being of their adolescents and young adults. <http://www.cdc.gov/healthyyouth/NationalInitiative/guide.htm>
- Legislator Policy Brief: Preventing Diseases Through Physical Activity.* Council of State Governments, May 2007. Provides advice from other state legislators, ways to get involved in your state and a look at programs that work.  
<http://www.healthystates.csg.org/NR/rdonlyres/BEE2060B-CB0B-4EF2-B830-E361D928B17C/0/PreventingDiseasesThroughPhysicalActivityFINAL.pdf>
- Legislator Policy Brief: School Wellness Policies.* Council of State Governments, May 2007. Provides advice from other state legislators, ways to get involved in your state and a look at programs that work.  
<http://www.healthystates.csg.org/NR/rdonlyres/C87EB28D-B2F6-4399-B1BD-BC5617940019/0/SchoolWellnessPoliciesFINAL.pdf>
- Local School Wellness Policies and Related News.* School Nutrition Association. <http://www.schoolnutrition.org/Content.aspx?id=8504>
- Local Support for Nutrition Integrity In Schools (Position of the American Dietetic Association).* Journal of the American Dietetic Association, 106 (1):122-133, January 2006.  
<http://www.eatright.org/About/Content.aspx?id=8369&terms=Local+Support+for+Nutrition+Integrity+In>
- Local Wellness Policy Resources.* Healthy Meals Resource System, U.S. Department of Agriculture. Links to resources for schools and child care. <http://healthymeals.nal.usda.gov/local-wellness-policy-resources>
- Making It Happen! School Nutrition Success Stories.* U.S. Department of Agriculture, 2005. Highlights 32 schools and school districts that implemented innovative approaches to improve the nutritional quality of foods and beverages offered and sold on school campuses outside of school meals. The most consistent theme emerging from the stories is that students will buy and consume healthful foods and beverages and schools can make money from healthful options.  
<http://www.fns.usda.gov/tn/Resources/makingithappen.html>
- Making Wellness Work: A Guide to Implementing and Monitoring School Wellness Policies in Maryland.* Maryland State Department of Education, 2009. Provides sample goals for physical activity/education, nutrition standards, nutrition education and other school-based activities that promote student wellness. Each goal has specific implementation activities, steps to support implementation, expected outcomes and monitoring opportunities.  
[http://www.marylandpublicschools.org/MSDE/programs/school\\_wellness/mww](http://www.marylandpublicschools.org/MSDE/programs/school_wellness/mww)
- Monitoring for Success: Student Wellness Policy Implementation Monitoring Guide.* California School Board Association. Provides instruction for completing each section of California's Student Wellness Policy Implementation Monitoring Report in order to fulfill the monitoring and implementation requirements of the policy. Materials include a guide, separate sample report and CD, which contains editable documents for customizing the report. Purchasing information at <http://connect.csba.org/store/p-142-monitoring-for-success-student-wellness-policy-implementation-monitoring-guide.aspx>
- National Guideline Clearinghouse.* A resource for evidence-based clinical practice guidelines searchable by topic.  
<http://www.guideline.gov/>
- National Prevention Strategy.* U.S. Department of Health and Human Services, Office of the Surgeon General, 2011. A comprehensive plan to help increase the number of Americans who are healthy at every stage of life. The NPS includes actions that public and private partners can take to help Americans stay healthy and fit and improve our nation's prosperity. It outlines four strategic directions: Building Healthy and Safe Community Environments; Expanding Quality Preventive Services in Both Clinical and Community Settings; Empowering People to Make Healthy Choices; and Eliminating Health Disparities.  
<http://www.healthcare.gov/center/councils/nphpphc/strategy/report.pdf>
- National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN).* Provides resources to help create strong childhood obesity policy interventions including legal research, model policies, fact sheets, toolkits, training and technical assistance to explain legal issues related to public health. <http://changelabsolutions.org/childhood-obesity>
- North Carolina Blueprint for Changing Policies and Environments In Support of Increased Physical Activity.*  
[http://www.eatsmartmovemorenc.com/ESMMPlan/Texts/mm\\_blueprint.pdf](http://www.eatsmartmovemorenc.com/ESMMPlan/Texts/mm_blueprint.pdf)

- Nutrition and Physical Activity Advisory Committees (NPAAC): A Guide for Schools, Parents and Communities, Part 1.* Arkansas Child Health Advisory Committee, 2004. Provides information and guidance on developing a local School Nutrition and Physical Activity Advisory Committee. Included is a membership grid, sample invitation letter and sample agenda and resource links on obesity, nutrition, physical activity and children's health. <http://www.healthy.arkansas.gov/programsServices/lifestageHealth/Documents/ChildreninSchools/CHAC/npaacToolkit.pdf>
- Nutrition and Physical Activity Advisory Committee (NPAAC)/School Wellness Committee: An Implementation Guide for Schools, Parents and Communities, Part 2.* Arkansas Child Health Advisory Committee, 2006. <http://www.healthy.arkansas.gov/programsServices/lifestageHealth/Documents/ChildreninSchools/CHAC/NPAACImplementationGuide.pdf>
- Physical Activity and Nutrition Action Packets.* Healthy Maine Partnerships. These "how to" packets are designed to provide the resources for interested people and groups to put policy and environmental change strategies into action. Topics include. Using Social Support Networks to Increase Physical Activity; Create Environments that Increase Vegetable and Fruit Consumption; Enhanced Access to Places for Physical Activity; Develop Policies that Support Healthy Options in Vending Machines; Promoting Trail Development and Use of Safe Community Routes for Walking and Biking; and Develop Policies that Support Healthy Eating at Group Events. <http://www.maine-nutrition.org/Resources/PANPackets.htm>
- Policies to Encourage Health Eating.* National Association of Boards of Education. [http://nasbe.org/index.php?option=com\\_content&view=article&id=122:policies-to-encourage-healthy-eating&catid=78:model-policies&Itemid=372](http://nasbe.org/index.php?option=com_content&view=article&id=122:policies-to-encourage-healthy-eating&catid=78:model-policies&Itemid=372)
- Policies to Encourage Physical Activity.* National Association of Boards of Education. [http://nasbe.org/index.php?option=com\\_content&view=article&id=121:policies-to-encourage-physical-activity&catid=78:model-policies&Itemid=372](http://nasbe.org/index.php?option=com_content&view=article&id=121:policies-to-encourage-physical-activity&catid=78:model-policies&Itemid=372)
- Policy in Action: A Guide to Implementing Your Local School Wellness Policy.* California Project Lean, October 2006. <http://www.californiaprojectlean.org/docuserfiles/Policy%20in%20Action%20Guide%20FINAL.pdf>
- Position of the American Dietetic Association, Society for Nutrition Education and School Nutrition Association: Comprehensive School Nutrition Services.* Journal of the American Dietetic Association, 110(11): 1738-1749, November 2010. <http://www.eatright.org/About/Content.aspx?id=8372>
- Progress or Promises? What's Working For and Against Healthy Schools.* Action for Healthy Kids, 2008. This report examines survey data and interviews assessing the progress school districts have made in developing and implementing their policies. <http://www.actionforhealthykids.org/for-schools/resources/research-and-reports/progress-or-promises-what-s-working-for-and-against-healthy-schools.html>
- Quick & Easy Guide to School Wellness.* Healthy Schools Campaign, 2008. A multi-media how-to guide filled with comprehensive information, practical advice, tools and resources to help you take action. <http://healthyschoolscampaign.org/campaign/wellness/>
- Reaching School Board Members. A Guide for Creating a Clear, Concise and Compelling Nutrition Policy Campaign.* California Project Lean. <http://www.californiaprojectlean.org/doc.aspx?id=171>
- Rudd Center for Food Policy & Obesity.* A nonprofit research and public policy organization devoted to improving the world's diet, preventing obesity and reducing weight stigma. <http://www.yaleruddcenter.org/>
- School Foods Tool Kit.* Center for Science in the Public Interest, 2003. A comprehensive manual that provides practical advice for improving school foods. Contains background materials, facts sheets, tips on how to work with and influence school officials, how to garner community support for those changes and model policies and materials. <http://www.cspinet.org/schoolfoodkit/>
- School Health Guidelines, How You Can Help.* Centers for Disease Control and Prevention, 2004. Highlights steps that parents, students, teachers, school administrators, food service staff and others can take to promote healthy eating habits for young people. <http://www.cdc.gov/HealthyYouth/nutrition/guidelines/help.htm>
- School Health Guidelines to Promote Healthy Eating and Physical Activity.* Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), 2011; 60(5). Nine guidelines based on the *Dietary Guidelines for Americans*, the *Physical Activity Guidelines for Americans* and the *Healthy People 2020* objectives related to healthy eating and physical activity among children, adolescents and schools. The guidelines serve as the foundation for developing, implementing and evaluating school-based healthy eating and physical activity policies and practices for students. <http://www.cdc.gov/healthyyouth/npao/strategies.htm>
- School Health Index for Physical Activity and Healthy Eating – A Self Assessment and Planning Guide.* Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, 2004. <http://apps.nccd.cdc.gov/shi/>



- School Health Index Training Manual.* Centers for Disease Control and Prevention, 2006. A packaged set of materials for conducting trainings or presentations on the *School Health Index. A Self-Assessment and Planning Guide (SHI)*. It provides detailed materials and resources on how to implement the SHI in schools. Users can select the most appropriate sections of the *SHI Training Manual* and customize those components to best suit their needs. <http://www.cdc.gov/HealthyYouth/SHI/Training/>
- School Health Policy Information by Topic.* Centers for Disease Control and Prevention. <http://www.cdc.gov/healthyyouth/policy/topic.htm>
- School Lunch & Nutrition. Are your kids eating healthily at school?* The Center for Health and Health Care in Schools. <http://www.healthyschools.org/Educators-and-Families/Parents/Act-Now/HELPING-CHILDREN-STAY-HEALTHY/School-Lunch-and-Nutrition.aspx>
- School Nutrition Environment and Wellness Resources.* Healthy Meals Resource System, U.S. Department of Agriculture. Resources to help schools meet the school wellness policy requirements of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), including minimum standards designed to promote sound nutrition, student health, reduce childhood obesity and provide transparency to the public on the school nutrition environment. The site includes sections on local school wellness policy process steps to put the policy into action; required wellness policy elements to meet the federal requirements; healthy school nutrition environment improvements related to food and physical activity; samples, stories and guidance ideas for schools; research reports on school wellness; and grants/funding opportunities related to child nutrition and physical activity. <http://healthymeals.nal.usda.gov/school-wellness-resources>
- School Wellness Policy and Practice: Meeting the Needs of Low-Income Students.* Food Research and Action Council, February 2006. This guide provides sample policies, model programs and key research information that are important tools to address the nutrition concerns of low-income children and communities in the development of school wellness policies. It is intended to supplement the many existing tools available for designing school wellness policies, by providing strategies that address the unique needs of low-income students, families and communities. [http://www.frac.org/pdf/wellness\\_guide2006.pdf](http://www.frac.org/pdf/wellness_guide2006.pdf)
- School Wellness Policy Pointers.* Iowa State University Extension, Revised October 2009. <http://www.extension.iastate.edu/Publications/N3469.pdf>
- School Wellness Policy Support Materials and Resources.* Iowa Action for Healthy Kids and Iowa Association of School Boards. <http://www.actionforhealthykids.org/assets/clubs/ia3-swpguide.pdf>
- School Wellness Resources.* National Dairy Council. <http://www.nutritionexplorations.org/sfs/wellness.asp>
- School Wellness Tool Kit.* Cattlemen's Beef Board and National Cattlemen's Beef Association, 2006. Includes a "how-to" manual, handouts and articles, education materials, data on children's nutrition, links to agencies and groups working on school nutrition and physical activity in all 50 states and to model policies (if available) and specific suggestions for effective involvement in school wellness policies at the local level. <http://www.beefnutrition.org/schoolwellnesstoolkit.aspx>
- State School Health Policy Database.* National Association for State Boards of Education. A comprehensive database of laws and policies from 50 states on more than 40 school health topics. [http://www.nasbe.org/healthy\\_schools/hs/index.php](http://www.nasbe.org/healthy_schools/hs/index.php)
- Society of State Directors of Health, Physical Education and Recreation.* Professional association whose members supervise and coordinate programs in health, physical education and related fields within state departments of education. Resources to help shape national and state policy defining and supporting comprehensive school health and physical education programs, e.g., *Making the Connection. Health and Student Achievement* PowerPoint presentation. <http://wg.thesociety.org/>
- Special Report on Childhood Obesity and School Leadership.* American School Board Journal, February 2009. The report contains three articles exploring the role of school leadership in addressing school wellness and childhood obesity. Advocating for School Wellness, Building Community Partnerships and Ensuring Sustainability. <http://www.nsba.org/MainMenu/SchoolHealth/SelectedNSBAPublications/HealthyEating/School-Health-Leadership.aspx>
- Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide.* California School Board Association. Provides school governance leaders with a step-by-step approach to enhance the school environment so students can develop and practice healthy eating habits. The Guide outlines the link between nutrition, physical activity and learning; addresses the health status of children and youth; highlights school districts that successfully offer healthy foods and beverages; offers recommendations for a comprehensive nutrition and physical activity policy; and provides sample policies and resources. <http://www.californiaprojectclean.org/doc.asp?id=171>
- The ABC's for a Healthy School.* Nebraska State Department of Education, 2006. PowerPoint Presentation to help develop and promote a school wellness policy. <http://lancaster.unl.edu/food/healthy-schools.shtml>
- The Maine Guide: Supporting Healthy Changes in School Nutrition Environments,* Maine Department of Education and the Maine Nutrition Network, 2004. Showcases the process that the State of Maine developed for improving nutrition and physical activity environments in schools. <http://www.maine-nutrition.org/Projects/TN/MaineGuide2004.pdf>

*The Quick and Easy Guide to School Wellness.* Healthy Schools Campaign, 2007.

<http://www.healthyschoolscampaign.org/programs/wellness/order.php>

*Wellness Policy Fundamentals.* Action for Healthy Kids. <http://www.actionforhealthykids.org/for-schools/wellness-policy-tool/wellness-policy-fundamentals.pdf>

*Wellness Policy Tool.* Action for Healthy Kids. Online tool to help districts create a local wellness policy that meets their unique goals for nutrition and physical activity and take the next steps to put the policy into action to positively impact students' health and lifelong choices. <http://www.actionforhealthykids.org/for-schools/wellness-policy-tool/>

*Wellness Solutions for Massachusetts.* Massachusetts Department of Education. An online resource for school community members to establish, implement and share effective wellness policies for their schools. <http://www.johnstalkerinstitute.org/wellness/index.html>

*What's Right for Kids2: Building a Healthy School Nutrition Environment.* Wisconsin Department of Public Instruction, 2008. This comprehensive document outlines child nutrition problems and the multiple roles that schools can play in the solutions, including many examples of what Wisconsin schools are doing to improve nutrition. <http://dpi.wi.gov/ne/pdf/tnbooklt2.pdf>

*Wyoming School Wellness Policy Toolkit.* Wyoming Action for Healthy Kids, May 2005. Provides ideas and model policies from across the nation to assist districts with implementing the USDA School Wellness Policy requirement. <http://www.actionforhealthykids.org/assets/clubs/wy4-wptoolkit.pdf>

*Your School Wellness Policy: What You Need to Know.* University of Pennsylvania, 2008. Guidance for teachers on how they can play a vital role in implementing school wellness policies by integrating nutrition education and physical activity into their classrooms, following the established nutrition guidelines when offering food in the classroom, supporting the school meals programs and serving as positive role models for students. [http://nutr88.hhdev.psu.edu/projectpa/2010/images/stories/wellness-policy/Wellness\\_WYNTK\\_single\\_v2.pdf](http://nutr88.hhdev.psu.edu/projectpa/2010/images/stories/wellness-policy/Wellness_WYNTK_single_v2.pdf)

◀ [Return to Contents](#) ▶



### Engaging Families

- Building Healthy Families: Step by Step*. U.S. Department of Agriculture Agricultural Research Service, Children's Nutrition Research Center, 2009. A six-part video series with supporting materials to help families create healthy home food environments (English and Spanish). <http://www.bcm.edu/cnrc/buildinghealthyfamilies/>
- Family as Partners: Fostering Family Engagement for Healthy and Successful Students*. National School Boards Association, 2011. A resource to help school leaders effectively engage families in schools, particularly around school health issues. <http://www.nsba.org/FamiliesasPartners>
- Family Engagement in School Health Web Site*. National School Boards Association. <http://www.nsba.org/Family-Engagement-in-Health>
- How to Enforce a Wellness Policy. A Guide for Parents and Community Advocates*. National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN), February 2009. <http://changelabsolutions.org/publications/enforce-wellness-policy>
- Make Positive Changes in Your School: Parent Guide to Nutrition and Physical Activity Programs*. Ohio Action for Healthy Kids and Ohio PTA, 2007. <http://www.actionforhealthykids.org/for-schools/resources/files/ohafhk-parent-guide.pdf>
- Parent Lesson Plans: Advocating for Healthier School Environments*. California Project LEAN, 2008. A companion piece to *Parents in Action: A Guide to Engaging Parents in Local School Wellness Policy*. In English and Spanish. <http://www.californiaprojectlean.org/doc.asp?id=168&parentid=20>
- Parents Advocating for School Wellness Toolkit*. Action for Healthy Kids, 2008. Designed to help school wellness advocates unlock the potential of parents as change agents and engage them as partners in support of healthier schools for their children. The toolkit includes materials to help motivate and assist parents - particularly in urban communities - to move from awareness and caring to hands-on advocacy. <http://www.actionforhealthykids.org/for-schools/resources/tools/parents-advocating-for-school-wellness.html>
- Parents in Action: A Guide to Engaging Parents in Local School Wellness Policy*. California Project LEAN, 2008. Provides resources and tools that will help school stakeholders engage parents in Local School Wellness Policy implementation, monitoring and evaluation. In English and Spanish. <http://www.californiaprojectlean.org/doc.asp?id=168&parentid=20>
- Parents Join Your School Wellness Team*. Food Research & Action Center, 2006. Brochure to encourage more parents to get involved in creating local wellness policies for their school district and to emphasize the importance of making afterschool and summer programming a part of the wellness policy. [http://www.frac.org/pdf/parent\\_outreach.pdf](http://www.frac.org/pdf/parent_outreach.pdf)
- Parents are the Power! Toolkit for Creating Change*. Colorado Action for Healthy Kids, 2007. Highlights nutrition and physical activity/education project areas that parents can become involved with in schools. <http://afhk.pub30.convio.net/assets/clubs/id1-parents.pdf>
- Promoting Healthy Youth: A Parent Toolkit for Enhancing Nutrition and Physical Activity in Schools and at Home*. Ohio Action for Healthy Kids, 2009. Developed in partnership with Ohio PTA, this guide provides guidance to individuals and parent groups on beginning student wellness projects in schools. It also contains tips to help parents raise healthy children with a focus on nutrition and physical activity at home. [http://ohioactionforhealthykids.org/wp-content/documents/Parent\\_Toolkit.pdf](http://ohioactionforhealthykids.org/wp-content/documents/Parent_Toolkit.pdf)
- Rudd Roots Parents*. Yale Rudd center for Food Policy and Obesity. Provides parents with suggestions for building community, garnering support of key stakeholders, gathering information and proposing policy changes to make school food health. <http://www.ruddrootsparents.org/default.aspx>
- Study Shows Overwhelming Parent Support for Healthier Schools*. Alliance for a Healthier Generation, September 2009. <http://www.healthiergeneration.org/schools.aspx?id=4125>
- Tips for Gaining Parental Support of Your Child Nutrition Program*. Mealtime Memo, August 2012, National Food Service Management Institute. <http://www.nfsmi.org/documentlibraryfiles/PDF/20120809033856.pdf>

◀ [Return to Contents](#) ▶

### Engaging Students

*Giving Kids the Voice of Authority: Engaging Students in the Fight Against Childhood Obesity.* Action for Healthy Kids Field Report, Volume 1, No. 2 Fall 2006. Working to improve nutrition and physical activity in schools, it is not uncommon that advocacy groups and community organizations neglect to account for the opinions and guidance of those people most affected by the movement – the students. This report demonstrates that, given the opportunity, students sincerely want to take responsibility for developing and implementing healthy eating and physical activity solutions in their schools and are essential collaborators for programs and initiatives that find long-term success. <http://www.actionforhealthykids.org/schools/resources/files/givingkidsavoiced.pdf>

*Helping Youth Make Better Food Choices.* Action for Healthy Kids, 2009. <http://www.actionforhealthykids.org/assets/parent-toolkit/helpingyouthmakebetterfoodchoices-schools.pdf>

*Nutrition Advisory Council Handbook.* School Nutrition Association, Revised 2005. <http://www.asfsa.org/Content.aspx?id=1892>

*Playing the Policy Game.* California Project Lean, 2003. Highlights nutrition and physical activity policies in the school and community that teens can pursue with adult guidance. Includes a collection of activities and success stories of California teens making nutrition and physical activity policy changes in their communities and outlines activities which drive the policy change process. In English and Spanish. <http://www.californiaprojectlean.org/doc.asp?id=170&parentid=20>

*Students Taking Charge Toolkit. How Healthy is Your School and What Can You Do About it?* Massachusetts Action for Healthy Kids, 2005. Helps high school students assess their school's nutrition and physical activity policies and recommend and implement changes. <http://www.studentstakingcharge.org/index.php/about/>

◀ [Return to Contents](#) ▶

## Evaluation

- A Foundation for the Future: Analysis of School Wellness Policies from the 100 Largest School Districts.* School Nutrition Association, October 2006.  
[http://www.schoolnutrition.org/uploadedFiles/School\\_Nutrition/102\\_ResourceCenter/RunningYourProgram/LocalSchoolWellnessPolicies/SNA100DistrictLWPreport.pdf](http://www.schoolnutrition.org/uploadedFiles/School_Nutrition/102_ResourceCenter/RunningYourProgram/LocalSchoolWellnessPolicies/SNA100DistrictLWPreport.pdf)
- A Foundation for the Future II: Analysis of School Wellness Policies from 140 School Districts in 49 States.* School Nutrition Association, December 2006. Outlines key characteristics of local wellness policies approved by a sample of 140 school districts in seven regions of the United States.  
[http://www.schoolnutrition.org/uploadedFiles/School\\_Nutrition/102\\_ResourceCenter/RunningYourProgram/LocalSchoolWellnessPolicies/RegionallWPreport.doc](http://www.schoolnutrition.org/uploadedFiles/School_Nutrition/102_ResourceCenter/RunningYourProgram/LocalSchoolWellnessPolicies/RegionallWPreport.doc)
- A Practical Guide for Engaging Stakeholders in Developing Evaluation Questions.* Robert Wood Johnson Foundation, 2009.  
<http://www.rwjf.org/pr/product.jsp?id=49951>
- An Education Research Primer: How to Understand, Evaluate and Use It.* Patricia A. Lauer, Rocky Mountain Center for Health Promotion and Evaluation, Jossey-Bass, 2006. Gives educators a basic understanding of educational research, its guiding criteria and its relevance to school-based decision-making. Available for purchase at  
<http://www.josseybass.com/WileyCDA/WileyTitle/productCd-0787983233.html>
- CDC Evaluation Working Group Resources.* Provides basic background information on program evaluation and links to hundreds of manuals, tools and resources from other organizations. <http://www.cdc.gov/eval/resources.htm>
- Community Health Assessment and Group Evaluation (CHANGE) Tool and Action Guide.* Centers for Disease Control and Prevention, 2010. <http://www.cdc.gov/healthych communitiesprogram/tools/change.htm>
- Criteria for Evaluating School Based Approaches to Increasing Good Nutrition and Physical Activity.* Action for Healthy Kids, 2004. This report defines a set of standard criteria for creating and evaluating school-based approaches for improving nutrition and physical activity. In order for schools to implement best practices, they must know what works under what conditions. These criteria can be applied to a broad range of practices, policies and programs to measure their potential effectiveness and adoptability.  
<http://www.actionforhealthykids.org/for-schools/resources/research-and-reports/criteria-for-evaluating-school-based-approaches-to-increasing-good-nutrition-and-physical-activity-full-report.html>
- Early Assessment of Programs and Policies on Childhood Obesity.* Robert Wood Johnson Foundation. Project to identify and assess local-level programs and policies that appear promising to improve the eating habits and physical activity levels of children.  
<http://www.rwjf.org/childhoodobesity/product.jsp?id=37330&cid=xem-emc-ca>
- Evaluating Community Programs and Initiatives.* The Community Toolbox, University of Kansas.  
[http://ctb.ku.edu/en/tablecontents/chapter\\_1036.htm](http://ctb.ku.edu/en/tablecontents/chapter_1036.htm)
- Evaluations.* Robert Wood Johnson Foundation. Resources and information on evaluation.  
<http://www.rwjf.org/pr/evaluations.jsp?cid=xem-emc-ca>
- Framework for Program Evaluation in Public Health.* Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), 1999; 48(No. RR-11). <http://www.cdc.gov/eval/framework.htm>
- From Cupcakes to Carrots: Local Wellness Policies One Year Later.* School Nutrition Association, September 2007. Report that tracks implementation progress of wellness policy topics including nutrition education, physical activity and nutrition guidelines.  
[http://www.schoolnutrition.org/uploadedFiles\\_old/ASFSA/newsroom/pressreleases/From\\_Cupcakes\\_to\\_Carrots.pdf](http://www.schoolnutrition.org/uploadedFiles_old/ASFSA/newsroom/pressreleases/From_Cupcakes_to_Carrots.pdf)
- Healthy Eating Active Living (H.E.A.L.) Assessment Tool.* Connecticut Association of Directors of Health, Inc. Self-assessment and planning guide to help define or identify a community baseline in terms of policies, practices and environmental factors.  
[http://www.ctaned.org/HEALRT/S2\\_heal\\_assessment.htm](http://www.ctaned.org/HEALRT/S2_heal_assessment.htm)
- Introduction to Program Evaluation for Public Health Programs: A Self-Study Guide.* Centers for Disease Control and Prevention, October 2011. A “how to” guide for planning and implementing evaluation activities. The manual, based on CDC’s Framework for Program Evaluation in Public Health, is intended to assist managers and staff of public, private, and community public health programs to plan, design, implement and use comprehensive evaluations in a practical way.  
<http://www.cdc.gov/eval/guide/index.htm>
- Local School Wellness Policies – How are Schools Implementing the Congressional Mandate?* Robert Wood Johnson Foundation, June 2009. Summarizes results of the preliminary evidence on the implementation of local school wellness policies and presents data in three key areas. quality, evaluation and funding of the policies; nutrition standards and nutrition education requirements; and physical activity requirements. <http://www.rwjf.org/childhoodobesity/product.jsp?id=44708>

- Local Wellness Policies: Assessing School District Strategies for Improving Children's Health 2006-07 and 2007-08.* Bridging the Gap, July 2009. <http://www.rwjf.org/childhoodobesity/product.jsp?id=46348>
- Logic Model Development Guide.* W.K. Kellogg Foundation, 2001. Developed to provide practical assistance on completing outcome-oriented evaluation of projects. Provides orientation on using the underlying principles of “logic modeling” to enhance program planning, implementation and dissemination activities. <http://www.wkkf.org/knowledge-center/resources/2006/02/wk-kellogg-foundation-logic-model-development-guide.aspx>
- Nutrition Education: Principles of Sound Impact Evaluation.* U.S. Department of Agriculture, 2005. <http://www.fns.usda.gov/ora/menu/Published/NutritionEducation/Files/EvaluationPrinciples.pdf>
- Physical Activity Evaluation Handbook.* Centers for Disease Control and Prevention, 2002. <http://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf>
- Program Development and Evaluation.* University of Wisconsin Cooperative Extension. <http://www.uwex.edu/ces/pdande/evaluation/index.html>
- Program Evaluation Resources.* Centers for Disease Control and Prevention. <http://www.cdc.gov/HealthyYouth/evaluation/resources.htm>
- School Wellness Policies.* Connecticut State Department of Education. Information on the federal school wellness policy requirements and state efforts related to policy development, implementation and evaluation. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438>
- School Wellness Policies: A Policy Brief.* Rudd Center for Food Policy and Obesity, 2009. <http://www.yaleruddcenter.org/resources/upload/docs/what/reports/RuddReportSchoolWellnessPolicies2009.pdf>
- School Wellness Policy Report.* Connecticut State Department of Education, 2008. Address the comprehensiveness and strength of Connecticut school wellness policies based on seven categories. Nutrition Education; School Meals; Other School Food and Beverages; Physical Education; Physical Activity; Communication and Promotion; and Evaluation. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322168>
- School Wellness Policy Report Data Summaries.* Connecticut State Department of Education, 2008. The Data Summaries provide information on the statewide results of the *School Wellness Policy Report*. They include data on the percent of districts with strong, weak and no statements for each policy item and provide average state scores for each of the seven policy categories. They also address the impact of District Reference Group and healthy food certification on district scores. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322168>
- School Wellness Policy Tracker.* Action for Healthy Kids. A customizable web-based monitoring component for schools that offers an implementation “desk top” where users post all provisions of their wellness policy, then note progress, next steps, resources needed and people responsible for each. A unique scoring system allows schools to evaluate their progress against benchmarks for best practices, as well as their adherence to federal wellness policy mandates. The tracker also provides links to helpful resources based on areas needing improvement. <http://www.actionforhealthykids.org/for-schools/wellness-policy-tool/wellness-tool-8.html>
- State School Nutrition and Physical Activity Policy Environments and Youth Obesity.* American Journal of Preventative Medicine, 38(1), 2010. [http://www.ajpmonline.org/article/S0749-3797\(09\)00641-2/abstract](http://www.ajpmonline.org/article/S0749-3797(09)00641-2/abstract)
- Survey Procedures Quick Tips.* University of Wisconsin Cooperative Extension. <http://www.uwex.edu/ces/pdande/resources/pdf/Tipsheet7.pdf>
- Surveys for Child Nutrition Programs.* National Food Service Management Institute. Several surveys to assess student, parent and school staff satisfaction with school food service programs. <http://www.nfsmi.org/DocumentSearch.aspx> (search for “survey”)
- Systematic Screening and Assessment (SSA) Method.* Robert Wood Johnson Foundation. Translates practice into research by identifying promising practices ready for evaluation. The method captures promising innovations, screening them individually and systematically to ensure their readiness for evaluation. <http://www.rwjf.org/childhoodobesity/product.jsp?id=59471&cid=xem-emc-ca>
- The Evaluation Exchange.* Harvard Family Research Project. Addresses current issues facing program evaluators of all levels and highlights innovative methods and approaches to evaluation, emerging trends in evaluation practice and practical applications of evaluation theory. <http://www.gse.harvard.edu/hfrp/eval.html>
- The 2002 User-Friendly Handbook for Program Evaluation.* National Science Foundation, 2002. Includes general evaluation information as well as strategies that address culturally sensitive evaluation. <http://www.nsf.gov/pubs/2002/nsf02057/start.htm>
- Understanding Evaluation: The Way to Better Prevention Programs.* Westat, Inc., 1993. <http://www.ed.gov/PDFDocs/handbook.pdf>



### Grants and Funding

- Carol M. White Physical Education Program (PEP)*. U.S. Department of Education. Provides grants to initiate, expand and improve physical education programs for students in Grades K-12 in order to help them make progress toward meeting state standards for physical education. <http://www.ed.gov/programs/whitephyped/index.html>
- Champions for Healthy Kids*. General Mills. Provides grants of \$10,000 to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle. [http://www.generalmills.com/Responsibility/Community\\_Engagement/Grants/Champions\\_for\\_healthy\\_kids.aspx](http://www.generalmills.com/Responsibility/Community_Engagement/Grants/Champions_for_healthy_kids.aspx)
- Childhood Obesity Rapid Response Fund Application*. American Heart Association. [http://www.heart.org/HEARTORG/General/Eligibility-for-Funding-Intake-Form\\_UCM\\_433237\\_Form.jsp](http://www.heart.org/HEARTORG/General/Eligibility-for-Funding-Intake-Form_UCM_433237_Form.jsp)
- National Institute of Food and Agriculture*. U.S. Department of Agriculture. <http://www.csrees.usda.gov/fo/funding.cfm>
- Community Food Projects Competitive Grants Program*. U.S. Department of Agriculture. <http://www.csrees.usda.gov/fo/fundview.cfm?fonum=1080>
- Federal Government Grants*. U.S. Department of Health and Human Services. Provides information on finding and applying for federal government grants and includes over 1,000 grant programs offered by all Federal grant making agencies. <http://www.grants.gov/>
- Food Assistance and Nutrition Programs: Competitive Grants and Cooperative Agreements Program*. U.S. Department of Agriculture. <http://www.ers.usda.gov/Briefing/FoodNutritionAssistance/Compgrants.htm#grants>
- Getting Grants and Financial Resources*. The Community Toolbox, University of Kansas. [http://ctb.ku.edu/en/tablecontents/chapter\\_1042.htm](http://ctb.ku.edu/en/tablecontents/chapter_1042.htm)
- Grant Alerts*. The Center for Health and Health Care in Schools. <http://www.healthinschools.org/News-Room/Grant-Alerts.aspx>
- Grant Applications*. Robert Wood Johnson Foundation. <http://www.rwjf.org/grants/>
- Grant Information*. U.S. Department of Education Grant Database. <http://www.ed.gov/about/offices/list/ocfo/grants/grants.html>
- Grants and Funding*. Partners in Information Access for the Public Health Workforce, National Library of Medicine. Collaboration of U.S. government agencies, public health organizations and health sciences libraries. Lists opportunities for fellowships, grants and other awards. <http://phpartners.org/grants.html>
- Grants: Funding Opportunity Announcements*. Centers for Disease Control and Prevention. <http://www.cdc.gov/od/pgo/funding/grants/foamain.shtm>
- Grants.gov*. A single access point for over 1000 grant programs offered by 26 Federal grant-making agencies. <http://www.grants.gov/>
- National Institute for Occupational Safety and Health*. <http://www.cdc.gov/niosh/oep/funding.html>
- National Education Association*. <http://www.nea.org/grants>
- National Institute for Occupational Safety and Health*. <http://www.cdc.gov/niosh/oep/funding.html>

◀ [Return to Contents](#) ▶



## Legislation

- A CDC Review of School Laws and Policies Concerning Child and Adolescent Health.* Journal of School Health, February 2008.  
[http://www.cdc.gov/healthyyouth/policy\\_law/index.htm](http://www.cdc.gov/healthyyouth/policy_law/index.htm)
- Child Nutrition: Issue Brief and Resources.* National School Boards Association. Resources on current child nutrition legislation.  
<http://www.nsba.org/Advocacy/Key-Issues/SchoolNutrition>
- Childhood Obesity: Update and Overview of Policy Options.* National Conference of State Legislatures. Overview of the more prevalent legislative approaches considered or enacted in various years. <http://www.ncsl.org/Default.aspx?TabId=13883>
- Connecticut General Statutes Section 10-215: Lunches, breakfasts and other feeding programs for public school children and employees.*  
<http://www.cga.ct.gov/2011/pub/chap169.htm#Sec10-215.htm>
- Connecticut General Statutes Section 10-215a. Nonpublic school and nonprofit agency participation in feeding programs.*  
<http://www.cga.ct.gov/2011/pub/chap169.htm#Sec10-215a.htm>
- Connecticut General Statutes Section 10-215b: Duties of State Board of Education re feeding programs.*  
<http://www.cga.ct.gov/2011/pub/chap169.htm#Sec10-215b.htm>
- Connecticut General Statutes Section 10-215e: Nutrition standards for food that is not part of lunch or breakfast program.*  
<http://www.cga.ct.gov/2011/pub/chap169.htm#Sec10-215e.htm>
- Connecticut General Statutes Section 10-215f: Certification that food meets nutrition standards.*  
<http://www.cga.ct.gov/2011/pub/chap169.htm#Sec10-215f.htm>
- Connecticut General Statutes Section 10-221o: Lunch periods, Recess.* <http://www.cga.ct.gov/2011/pub/chap170.htm#Sec10-221o.htm>
- Connecticut General Statutes Section 10-221p: Boards to make available for purchase nutritious and low-fat food.*  
<http://www.cga.ct.gov/2011/pub/chap170.htm#Sec10-221p.htm>
- Connecticut General Statutes Section 10-221q: Sale of beverages.* <http://www.cga.ct.gov/2011/pub/chap170.htm#Sec10-221q.htm>
- Foods of Minimal Nutritional Value (Appendix B of 7 CFR Part 210 National School Lunch Program Regulations).* U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/menu/fmnv.htm>
- Legislation Database.* Rudd Center for Food Policy and Obesity. Search for current food policy and obesity legislation filed by Congress, states and select cities and counties. <http://www.yaleruddcenter.org/legislation/>
- Obesity Legislation Before Congress.* Robert Wood Johnson Foundation. <http://www.reversechildhoodobesity.org/legislation>
- Obesity-Related Legislation by State.* National Conference of State Legislatures.  
<http://www.ncsl.org/programs/health/childhoodobesity.htm>
- Quarterly Report on State Legislation and Policies Affecting Child and Adolescent Nutrition, Obesity and Physical Activity.* Robert Wood Johnson Foundation. <http://www.rwjf.org/pr/product.jsp?id=14490>
- Reversing the Trend in Childhood Obesity: Policies to Promote Healthy Kids and Communities.* National Conference of State Legislators, January 2011. [http://www.rwjf.org/childhoodobesity/product.jsp?id=72259&cid=XEM\\_205602](http://www.rwjf.org/childhoodobesity/product.jsp?id=72259&cid=XEM_205602)
- School Foods and Beverages (Federal and State Requirements).* Connecticut State Department of Education  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416>
- State School Health Policy Database.* National Association for State Boards of Education. A comprehensive database of laws and policies from 50 states on more than 40 school health topics. [http://www.nasbe.org/healthy\\_schools/hs/index.php](http://www.nasbe.org/healthy_schools/hs/index.php)
- Vending Machines in Schools, National Conference of State Legislatures.* This site of the National Conference of State Legislators tracks state legislative activity on vending machines. <http://www.ncsl.org/programs/health/vending.htm>
- West Virginia Standards for School Nutrition Policy.* West Virginia Department of Education, 2001.  
<http://wvde.state.wv.us/policies/p4321.1.pdf>

[◀ Return to Contents ▶](#)

### Marketing and Promotion

*Communication Tools for Physical Activity*. National Coalition for Promoting Physical Activity.

<http://www.ncppa.org/npap/communicationtools/about/>

*Expanding Breakfast*. New England Dairy & Food Council. <http://www.newenglanddairyCouncil.org/page/expanding-breakfast>

*Food and Beverage Marketing to Children and Adolescents: What Changes are Needed to Promote Healthy Eating Habits?* Research Brief, Robert Wood Johnson Foundation, October 2008. <http://www.rwjf.org/childhoodobesity/product.jsp?id=35968&c=EMC-CA138>

*Food Marketing to Children and Youth: Threat or Opportunity?* National Academies' Institute of Medicine, 2006.

<http://books.nap.edu/catalog/11514.html>

*Key Area 2: Communications and Marketing* (in *Keys to Excellence*). School Nutrition Association.

<http://www.asfsa.org/Content.aspx?id=2406&terms=Keys+to+Excellence>

*Let's Eat At School. Ten Tips for Keeping Teenagers Participating in School Nutrition Programs*. Montana Team Nutrition Program.

<http://www.cspinet.org/nutritionpolicy/mealbrochure.pdf>

*Marketing & Education*. National Dairy Council. Materials to help school food service programs with effective communications to parents and students and reinforce healthy choices via education. <http://www.nutritionexplorations.org/sfs/cafeteria.asp>

*Marketing & Promotion for School Nutrition Programs*. New England Dairy & Food Council. Ideas for promotional activities and reoccurs. <http://www.newenglanddairyCouncil.org/snp/marketing.html>

*Media Literacy Toolbox*. New Mexico Media Literacy Project. <http://www.medialiteracytoolbox.com/>

*Menu Marketing Tools*. National Dairy Council. [http://www.nutritionexplorations.org/sfs/cafeteria\\_menu.asp](http://www.nutritionexplorations.org/sfs/cafeteria_menu.asp)

*National School Breakfast Week*. School Nutrition Association.

<http://docs.schoolnutrition.org/meetingsandevents/nsbw2009/index.html>

*National School Lunch Week*. School Nutrition Association. <http://docs.schoolnutrition.org/meetingsandevents/nslw2008/>

*National School Public Relations Association*. <http://www.nspr.org/>

*Promoting Your Program*, School Nutrition Association. <http://www.schoolnutrition.org/Content.aspx?id=54>

*Promotional Calendar*. School Nutrition Association. <http://www.schoolnutrition.org/Content.aspx?id=64>

*Public Relations Society of America*. <http://www.prsa.org/>

*Social Marketing Resources*. Centers for Disease Control and Prevention. How to use social marketing to plan nutrition, physical activity and obesity prevention programs. <http://www.cdc.gov/nccdphp/dnpa/socialmarketing/index.htm>

*Social Media Tools, Guidelines & Best Practices*. Centers for Disease Control and Prevention.

<http://www.cdc.gov/SocialMedia/Tools/guidelines/>

*The Health Communicator's Social Media Toolkit*. Centers for Disease Control and Prevention, 2011.

[http://www.cdc.gov/socialmedia/Tools/guidelines/pdf/SocialMediaToolkit\\_BM.pdf?source=govdelivery](http://www.cdc.gov/socialmedia/Tools/guidelines/pdf/SocialMediaToolkit_BM.pdf?source=govdelivery)

*Tools for Effective Communications*. Food Insight, International Food Information Council Foundation. A series of communication tools designed to provide the skills needed to understand our audience and to promote healthful dietary practices using consumer-friendly language. <http://www.foodinsight.org/For-Professionals/Tools-for-Effective-Comm.aspx>

*Wellness Library*. Wellness Proposals. Thousands of free resources on health and wellness including handouts, posters, presentations, newsletters and more. <http://wellnessproposals.com/>

◀ [Return to Contents](#) ▶

### Meal Schedules

*Eating at School: A Summary of NFSMI Research on Time Required By Students to Eat Lunch.* National Food Service Management Institute, 2001. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080221023914.pdf>

*Measuring and Evaluating the Adequacy of the School Lunch Period.* Insight, National Food Service Management Institute, 1999. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080313014916.pdf>

*Promoting Family Meals.* Purdue University. <http://www.cfs.purdue.edu/CFF/promotingfamilymeals/>

*Recess Before Lunch: A Guide to Success.* Montana Office of Public Instruction, 2003. <http://opi.mt.gov/pdf/schoolfood/RBL/RBLGuide2008.pdf>

*Relationship of Meal and Recess Schedules to Plate Waste in Schools.* Insight, National Food Service Management Institute, 2004. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080313041149.pdf>

◀ [Return to Contents](#) ▶

### Modeling Healthy Behaviors

- Adults Influence What Children Eat.* Mealtime Memo for Child Care, National Food Service Management Institute, 2002.  
<http://www.nfsmi.org/documentlibraryfiles/PDF/20080612083942.pdf>
- Are You a Positive Role Model?* Nutrition Tools for Schools, Creating A Healthy School Nutrition Environment Health Unit Collaboration, 2007.  
<http://www.healthunit.biz/docs/Healthy%20Eating/factsheets/English/NB%20Fact%20Sheet%20Are%20You%20a%20Positive%20Role%20Model.pdf>
- Be a Healthy Role Model for Children: 10 Tips for Setting Good Examples.* U.S. Department of Agriculture, DG TipSheet No. 12, June 2011. <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf>
- Being a Healthy Eating Role Model.* Dairy Council of California, 2010.  
[http://www.dairycouncilofca.org/PDFs/Be\\_a\\_Healthy\\_Eating\\_Role\\_Model\\_2012.pdf](http://www.dairycouncilofca.org/PDFs/Be_a_Healthy_Eating_Role_Model_2012.pdf)
- Empowering Youth with Nutrition and Physical Activity: Role Models.* U.S. Department of Agriculture.  
<http://healthymeals.nal.usda.gov/hsmrs/EY/rolemode/rolemode/index01.htm>
- Helping Your Child: Tips for Parents.* Weight-control Information Network, National Institute of Diabetes and Digestive and Kidney Diseases, 2007. Tips on taking an active role in helping your child—and your whole family—learn healthy eating and physical activity habits. <http://win.niddk.nih.gov/Publications/child.htm#tips>
- Healthy Eating.* Nemours Foundation, 2009. [http://kidshealth.org/parent/nutrition\\_fit/nutrition/habits.html](http://kidshealth.org/parent/nutrition_fit/nutrition/habits.html)
- Healthy Eating Starts With Parent Role Models.* Meals Matter. <http://www.mealsmatter.org/Articles-And-Resources/Meal-Planning-Articles/Healthy-eating-starts-with-parent-role-models.aspx>
- MODEL Health! Promoting Nutrition and Physical Activity in Children.* Maryland State Department of Education, 2007. A collection of supplementary lessons on nutrition and physical activity with an emphasis on role modeling. Intended as a teacher resource in the early childhood classroom for use with children ages 3 to 5.  
<http://healthymeals.nal.usda.gov/hsmrs/Maryland/MODELHealth.pdf>
- Parents and Role Models.* Food Insight, International Food Information Council Foundation, 2006 (English and Spanish).  
<http://www.foodinsight.org/For-Consumers/Healthy-Kids-and-Families/Parents-and-Role-Models/tabid/1321/Default.aspx>
- Positive Role Modeling for a Healthy School Environment.* Michigan State University Extension and the Michigan Department of Education, 2006. [http://www.michigan.gov/documents/mde/Role\\_modeling\\_SUMMARY\\_final\\_1-07\\_290309\\_7.doc](http://www.michigan.gov/documents/mde/Role_modeling_SUMMARY_final_1-07_290309_7.doc)
- Role Modeling Action Guide: Promoting Healthy Eating and Physical Activity.* Milwaukee County Nutrition and Physical Activity Coalition, September 2010. [http://healthymeals.nal.usda.gov/hsmrs/Wisconsin/Role\\_Modeling\\_Action\\_Guide.pdf](http://healthymeals.nal.usda.gov/hsmrs/Wisconsin/Role_Modeling_Action_Guide.pdf)
- Teaching Good Food Habits, Nibbles for Health 15* (in *Nibbles for Health: Nutrition Newsletters for Parents of Young Children*). U.S. Department of Agriculture, 2003. <http://www.fns.usda.gov/tn/resources/nibbles.html>

◀ [Return to Contents](#) ▶

### Sample Policies

- Alaska School Wellness Toolkit.* State of Alaska, Health and Social Services, 2006. Includes information for school districts working on all phases of wellness policies (development, regulations and plans for implementation, implementation and evaluation). <http://dhss.alaska.gov/dph/Chronic/Documents/School/pubs/AKSchoolWellness.pdf>
- Arizona Healthy School Environment Model Policy.* Action for Healthy Kids, Arizona State Team, 2005. Serves as a guide to establishing standards for a healthy school environment. The model policy recommends 30 minutes of physical education, recess before lunch in elementary schools and 45 minutes of physical education per day in middle and high schools. It encourages schools to offer breakfast and lunch options consistent with USDA Dietary guidelines as well as provide adequate space and time for school meals. [http://www.cspinet.org/nutritionpolicy/AZPilot\\_RevenueReport.pdf](http://www.cspinet.org/nutritionpolicy/AZPilot_RevenueReport.pdf)
- Arkansas Child Health Advisory Committee Recommendations.* Arkansas Department of Public Health. <http://www.healthy.arkansas.gov/programsServices/lifestageHealth/Pages/ChildHealthAdvisoryCommittee.aspx>
- Comprehensive School Nutrition Policy (Philadelphia Public Schools).* Comprehensive School Nutrition Policy Task Force, The Food Trust, September 2002. <http://www.thefoodtrust.org/php/programs/comp.school.nutrition.php>
- District Policy Establishing a Healthy Vending Program.* National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN), 2009. <http://changelabsolutions.org/publications/district-policy-healthy-vending>
- District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds.* National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN), 2009. <http://changelabsolutions.org/publications/district-policy-school-food-ads>
- Environmental Nutrition and Activity Strategies Tool (ENACT).* The Strategic Alliance for Healthy Food and Activity Environments. A Web-based tool that provides hands-on assessment and planning resource for organizations, coalitions and communities interested in improving their nutrition and physical activity environments. Addresses seven areas: child care, school, afterschool, community, workplace, healthcare and government. <http://preventioninstitute.org/sa/enact/members/index.php>
- Idaho School Wellness Policy Implementation Guide.* Idaho Action for Healthy Kids, April 2005. <http://www.sde.idaho.gov/site/cnp/wellness/docs/AFHK%20Wellness%20Policy%20rev%202007.pdf>
- Local Wellness Policy.* Illinois Nutrition Education and Training Program. <http://www.kidseatwell.org/local-wellness-policy.htm>
- Local Wellness Policy Examples.* U.S. Department of Agriculture Team Nutrition. [http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_examples.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_examples.html)
- Local Wellness Policy Toolkit.* New Hampshire Department of Education. Resources to assist in the development of local wellness policy, including an evaluation checklist and ratings of different state policies. <http://www.education.nh.gov/program/nutrition/wellness.htm>
- Mississippi Local School Wellness Policy Guide for Development.* Mississippi Department of Education, 2005. <http://www.cn.mde.k12.ms.us/schoolwellnesspolicy/MSSchoolWellnessPolicyModel.pdf>
- Model School Wellness Policies.* National Alliance for Nutrition and Activity, 2005. <http://www.schoolwellnesspolicies.org/>
- New Mexico Action for Healthy Kids School Wellness Toolkit, Part I: Nutrition.* New Mexico Action for Healthy Kids, 2005. <http://www.actionforhealthykids.org/assets/clubs/nm1-wellnesstoolkit.pdf>
- New Mexico Action for Healthy Kids School Wellness Toolkit, Part II: Physical Activity and Education.* New Mexico Action for Healthy Kids, 2005. [http://take.actionforhealthykids.org/site/DocServer/NM\\_AFHK\\_PE\\_Toolkit\\_-\\_FINAL.pdf?docID=504](http://take.actionforhealthykids.org/site/DocServer/NM_AFHK_PE_Toolkit_-_FINAL.pdf?docID=504)
- Sample Wellness and Nutrition Policies.* School Nutrition Association. <http://www.schoolnutrition.org/Content.aspx?id=2166>
- School Nutrition Association Local Wellness Policy Recommendations.* School Nutrition Association, 2005. [http://www.schoolnutrition.org/uploadedFiles\\_old/SchoolNutrition.org/Child\\_Nutrition/Local\\_School\\_Wellness\\_Policies/SNALocalWellnessPolicyGuidelinesFinal.pdf](http://www.schoolnutrition.org/uploadedFiles_old/SchoolNutrition.org/Child_Nutrition/Local_School_Wellness_Policies/SNALocalWellnessPolicyGuidelinesFinal.pdf)
- State School Health Policy Database.* National Association for State Boards of Education. A comprehensive database of laws and policies from 50 states on more than 40 school health topics. [http://www.nasbe.org/healthy\\_schools/hs/index.php](http://www.nasbe.org/healthy_schools/hs/index.php)
- The Maine Guide: Supporting Healthy Changes in School Nutrition Environments.* Maine Department of Education and the Maine Nutrition Network, 2004. Showcases the process that the State of Maine developed for improving nutrition and physical activity environments in schools. <http://www.maine-nutrition.org/Projects/TN/MaineGuide2004.pdf>

## Sample Policies

*Wellness Policy Tool.* Action for Healthy Kids. Online tool to help districts create a local wellness policy that meets their unique goals for nutrition and physical activity and take the next steps to put the policy into action to positively impact students' health and lifelong choices. <http://www.actionforhealthykids.org/for-schools/wellness-policy-tool/>

*Wyoming School Wellness Policy Toolkit.* Wyoming Action for Healthy Kids, May 2005. Provides ideas and model policies from across the nation to help districts implement the USDA School Wellness Policy requirement. <http://www.actionforhealthykids.org/assets/clubs/wy4-wptoolkit.pdf>

◀ [Return to Contents](#) ▶



### School Health Teams

*Effective School Health Advisory Councils: Moving from Policy to Action.* North Carolina State Board of Education and Department of Public Instruction, 2004. <http://www.nchealthyschools.org/schoolhealthadvisorycouncil> (Scroll down to bottom under “Resources for Your School Health Advisory Council”)

*Improving School Health: A Guide to School Health Councils.* American Cancer Society, Inc., 1999. Provides a comprehensive overview of published research to date on the structure, function and role of a school health council.  
[http://www.fns.usda.gov/tn/healthy/Ntl\\_Guide\\_to\\_SHAC.pdf](http://www.fns.usda.gov/tn/healthy/Ntl_Guide_to_SHAC.pdf)

*Nutrition and Physical Activity Advisory Committees (NPAAC): A Guide for Schools, Parents and Communities, Part 1.* Arkansas Child Health Advisory Committee, 2004. Provides information and guidance on developing a local School Nutrition and Physical Activity Advisory Committee. Included is a membership grid, sample invitation letter and sample agenda and resource links on obesity, nutrition, physical activity and children’s health.  
<http://www.healthy.arkansas.gov/programsServices/lifestageHealth/Documents/ChildreninSchools/CHAC/npaacToolkit.pdf>

*Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Advisory Councils.* Iowa Department of Public Health, 2000. This guide is tailored to the planning needs of school district staff charged with forming a Community-School Health Advisory Council. The Guide also will be useful to school staff members who work with other health-related school committees, as well as parents and other community partners interested in promoting coordinated school health.  
[http://www.idph.state.ia.us/hpcdp/promoting\\_healthy\\_youth.asp](http://www.idph.state.ia.us/hpcdp/promoting_healthy_youth.asp)

◀ [Return to Contents](#) ▶

### School Improvement Plan for No Child Left Behind

*Connecticut Accountability for Learning Initiative (CALI) School Improvement Planning.* Connecticut State Department of Education.  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=322300>

*Connecticut Accountability for Learning Initiative (CALI).* Connecticut State Department of Education.  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2700&q=322192&sdePNavCtr=|#45564>

*No Child Left Behind – District and School Improvement.* Connecticut State Department of Education.  
<http://www.csde.state.ct.us/public/cedar/nclb/sip/index.htm>

*School and District Improvement Guide.* Connecticut State Department of Education, August 2007.  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2700&q=322196> (Scroll down to “Resources in Support of CALI”)

◀ [Return to Contents](#) ▶

### School Wellness Policy Requirements

*Healthy, Hunger-Free Kids Act of 2010.* [http://www.fns.usda.gov/cnd/governance/legislation/CNR\\_2010.htm](http://www.fns.usda.gov/cnd/governance/legislation/CNR_2010.htm)

*Local Wellness Policy.* U.S. Department of Agriculture. <http://teamnutrition.usda.gov/Healthy/wellnesspolicy.html>

*Requirements for School Wellness Policy.* Connecticut State Department of Education, Revised November 2006 .  
[http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/NSLP/School\\_Wellness.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/NSLP/School_Wellness.pdf)

*The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265, Section 204).*  
[http://www.fns.usda.gov/cnd/Governance/Legislation/Historical/PL\\_108-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/Historical/PL_108-265.pdf)

◀ [Return to Contents](#) ▶

### Staff Wellness

- Activity Bursts Everywhere (ABE) for Fitness.* Turn the Tide Foundation and Yale-Griffin Prevention Research Center. A video library of 3- to 8-minute activity bursts organized by setting (e.g., office, home), the body region involved and whether the exercise is performed seated or standing. <http://www.abeforfitness.com/>
- Guide to Worksite Wellness Programs.* Wellness Proposals. <http://wellnessproposals.com/guide-to-worksite-wellness-programs/>
- Health, Mental Health and Safety Guidelines for Schools (Staff Health and Safety).* Taras, H., Duncan, P., Luckenbill, D., Robinson, J., Wheeler, L., & Wooley S.; 2004. [http://www.nationalguidelines.org/chapter\\_full.cfm?chap=8](http://www.nationalguidelines.org/chapter_full.cfm?chap=8)
- HealthierUS Initiative.* Department of Health and Human Services. Links to many websites with credible, accurate information to help Americans choose to live healthier lives. Focuses on four areas – nutrition, physical activity, prevention and avoiding risky behaviors. <http://www.healthierus.gov/>
- Healthy People.* U.S. Department of Health and Human Services. Science-based, 10-year national objectives for improving the health of all Americans. <http://www.healthypeople.gov/2020/default.aspx>
- Healthy Staff for Healthy Schools.* Missouri Action for Healthy Kids. <http://extension.missouri.edu/hes/healthystaff/index.htm>
- LEAN Works! A Workplace Obesity Prevention Program.* Centers for Disease Control and Prevention. A web-based resource that offers interactive tools and evidence-based resources to design effective worksite obesity prevention and control programs, including an obesity cost calculator. <http://www.cdc.gov/leanworks/>
- Making Worksite Wellness Work at Your School.* Iowa Department of Public Health; Iowa Department of Education, 2011. [http://healthymeals.nal.usda.gov/hsmrs/Iowa/School\\_Worksite\\_Wellness.pdf](http://healthymeals.nal.usda.gov/hsmrs/Iowa/School_Worksite_Wellness.pdf)
- School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools.* Directors of Health Promotion and Education, 2007. A comprehensive guide that provides information, practical tools and resources for school employee wellness programs. It will help schools, school districts and states develop and support the implementation of school employee wellness programs that promote employee health, improve workforce productivity and reduce the costs of employee absenteeism and healthcare. <http://www.schoolempwell.org/>
- School Health Index for Physical Activity and Healthy Eating – A Self Assessment and Planning Guide (Module 7. Health Promotion for Staff).* Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, 2005. <http://apps.nccd.cdc.gov/shi/>
- School Staff Wellness.* National Association of State Boards of Education. <http://www.schoolwellnesspolicies.org/resources/SchoolStaffWellness.pdf>
- Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace.* Centers for Disease Control and Prevention, 2013. Provides employers interested in establishing or expanding their wellness programs with easy and understandable steps on how to increase the physical activity of employees in the workplace. <http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/pa-toolkit.htm>
- The National Women's Health Information Center.* <http://womenshealth.gov>
- The Well Workplace Checklist.* Wellness Council of America. An interactive assessment to help determine how your organization is doing with respect to developing a results-oriented worksite wellness program. <http://www.welcoa.org/wellworkplace/index.php?category=18>
- The Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program.* Wellness Council of America, 1997. <http://www.welcoa.org/wellworkplace/index.php?category=7> [http://www.welcoa.org/pdf/well\\_workplace\\_wkbook1.pdf](http://www.welcoa.org/pdf/well_workplace_wkbook1.pdf)
- Wellness Council of America.* <http://www.welcoa.org/>
- Workplace Health Promotion.* Centers for Disease Control and Prevention. <http://www.cdc.gov/workplacehealthpromotion/>
- Worksite Health ScoreCard.* Centers for Disease Control and Prevention, Revised 2014. Designed to help employers assess the extent to which they have implemented evidence-based health promotion interventions in their worksites. [http://www.cdc.gov/dhdsp/pubs/worksite\\_scorecard.htm](http://www.cdc.gov/dhdsp/pubs/worksite_scorecard.htm)

◀ [Return to Contents](#) ▶

### Success Stories

- Adolescent Obesity: Towards Evidence-Based Policy and Environment Solutions, A Special Supplement on Childhood Obesity.* Journal of Adolescent Health, 45(3), Supplement. September 2009. This supplement provides research documenting trends toward healthier foods and more physical activity in schools. The authors acknowledge that a wide range of factors influence obesity's development, but policy and environment solutions may be the key to reversing the childhood obesity trend.  
<http://www.rwjf.org/childhoodobesity/product.jsp?id=48309&c>
- Arizona Healthy School Environment Model Policy Implementation Pilot Study.* Arizona State Department of Education, February 2005.  
[http://cspinet.org/nutritionpolicy/AZPilot\\_RevenueReport.pdf](http://cspinet.org/nutritionpolicy/AZPilot_RevenueReport.pdf)
- Examples of Communities and States Improving School Foods and Beverages (Section III Case Studies from School Foods Tool Kit).* Center for Science in the Public Interest, September 2003. [http://cspinet.org/schoolfood/school\\_foods\\_kit\\_part3.pdf](http://cspinet.org/schoolfood/school_foods_kit_part3.pdf)
- Healthcare Innovations Exchange.* Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services. This Web site is intended to provide evidence-based innovations and tools to improve health care quality and reduce disparities.  
<http://www.innovations.ahrq.gov/index.aspx>
- Healthy Foods and Healthy Finances: How Schools are Making Nutrition Changes that Make Financial Sense.* Action for Healthy Kids, 2003.  
<http://www.cde.state.co.us/cdenutritran/download/pdf/WPHHealthyFoodsandHealthyFinances.pdf>
- Healthy Schools Program Forum.* Alliance for a Healthier Generation. Recognizes schools and their leaders for efforts to establish healthier school environments for students and staff. <http://www.healthiergeneration.org/schools.aspx?id=3421>
- Helping Students Make Better Food Choices in School.* Action for Healthy Kids, January 2006. This report outlines the results of a project in 12 Illinois schools to test various approaches to improving student food choices. It includes several key findings regarding how to best support schools as they move from developing their local wellness policies to actually implementing and monitoring those policies. <http://a4hk.org/pdf/Final%20Report%20-%20Color.pdf>
- Ideas, Commitment, Action, Results: Model Projects Advancing the Cause of School Wellness.* Action for Healthy Kids Field Report, Volume 2, Number 1, Spring 2007. Features three state teams' work to advance school wellness policy awareness, development and implementation. <http://a4hk.org/pdf/AFHK%20Field%20Report%20Vol%202%20No%201%20FINAL%20PDF.pdf>
- LEAF (Linking Education, Activity and Food) Fiscal Impact Report.* Center for Weight and Health, University of California, Berkeley, April 2005. [http://cspinet.org/nutritionpolicy/LEAF\\_Fiscal\\_ImpactReport.pdf](http://cspinet.org/nutritionpolicy/LEAF_Fiscal_ImpactReport.pdf)
- Making It Happen! School Nutrition Success Stories.* U.S. Department of Agriculture, 2005. Highlights 32 schools and school districts that implemented innovative approaches to improving the nutritional quality of foods and beverages offered and sold on school campuses outside of school meals. The most consistent theme emerging from the stories is that students will buy and consume healthful foods and beverages and schools can make money from healthful options.  
<http://www.fns.usda.gov/tn/Resources/makingithappen.html>
- Making it Happen! School Nutrition Success Stories Searchable Online Database.* Centers for Disease Control and Prevention. Stories of schools and school districts that have implemented innovative strategies to improve the nutritional quality of foods and beverages sold outside of Federal meal programs. <http://www.cdc.gov/healthyyouth/mih/index.htm/MainPage.aspx>
- Montana Parents and Teachers Taking Action for Healthy Kids.* Montana Action for Healthy Kids, 2007.  
[http://healthymeals.nal.usda.gov/hsmrs/Montana\\_Wellness/Idea\\_Guide.pdf](http://healthymeals.nal.usda.gov/hsmrs/Montana_Wellness/Idea_Guide.pdf)
- Promising District Practices.* National School Boards Association. Stories of local school district successes in developing, implementing and evaluating policies and practices that address health risk behaviors and health promotion issues.  
<http://www.nsba.org/schoolhealth/promisingpractices>
- School Policies Can Make a Difference.* Nutrition and Your Child (Number 4), Children's Nutrition Research Center, 2005.  
<http://www.bcm.edu/cnrc/index.cfm?pmid=10561>
- Schools and School Districts that Have Improved School Foods and Beverages and Not Lost Money.* Center for Science in the Public Interest.  
[http://cspinet.org/nutritionpolicy/improved\\_school\\_foods\\_without\\_losing\\_revenue2.pdf](http://cspinet.org/nutritionpolicy/improved_school_foods_without_losing_revenue2.pdf)
- Successtalk.* U.S. Department of Agriculture. An e-mail discussion group intended as a communication tool to link school health professionals, child nutrition educators, principals, teachers, parents and community members who are interested in creating a healthy school nutrition environment. Members can share success stories, resources, information and innovative program ideas that encourage healthy eating and physical activity habits. <http://healthymeals.nal.usda.gov/get-connected/successtalk>
- What's Cooking in Connecticut Schools? Ideas for Healthy Kids and Healthy Schools.* Connecticut Food Policy Council, 2004. Highlights actions schools are taking in Connecticut to improve food and nutrition environments.  
<http://www.cityofnewhaven.com/Government/pdfs/CTFPC2004WhatsCooking.pdf>

## Success Stories

*What's Right for Kids. Improving the School Nutrition Environment.* Wisconsin Department of Public Instruction, 2003.

<http://dpi.wi.gov/fscp/pdf/tnbooklt.pdf>

*What's Right for Kids 2. Building the School Nutrition Environment.* Wisconsin Department of Public Instruction, 2008. Describes best practices that school nutrition and wellness leaders have implemented to positively impact student achievement.

<http://dpi.wi.gov/fscp/pdf/tnbooklt2.pdf>

[◀ Return to Contents ▶](#)